My easiest-ever 30-MINUTE MEALS!

EVERY DAY with RACHAEL RAY







Easy solutions for **EVELYCLAY**Words and the solutions for **EVELYCLAY**When the soluti

You've got challenges, we've got solutions! Check out this real-life dilemma from a real entrant in the Aussie Easy Solutions for Everyday Women Contest. Then see the recipe for easy, great hair.

The Challenge

"I love long hair, but my hair is fine and the ends always seem to not look smooth. The ends will separate and it looks messy or dirty. I look horrible in short hair because I have a very round face. My hair never looks full and healthy. Please help!"

-Robin R., WA

Easy Hair Solution

Start out a good hair day with clean hair and just the right amount of moisture for your hair.

INGREDIENTS:

Towel, wide-tooth comb, blow-dryer, 2-inch rollers, flat iron, Aussie Products

DIRECTIONS:

aussie

- Volume Shampoo to get rid of any buildup or grease. Follow with Aussie Aussome Volume Conditioner on just the ends to give them a daily dose of moisture. Then towel-dry hair and lightly comb out any tangles with a wide-tooth comb (always starting at the ends).
- 2. Apply Aussie Catch the Wave
 Mousse + Leave-In Conditioner
 starting at the roots and working
 your way down to the ends. This
 will add volume at the roots
 and condition root-to-tip.

- 3. Make a side or center part and blow-dry large sections of hair, then set hair in 2-inch rollers to lock in the volume.
- 4. After hair is set, remove rollers and smooth the ends by spraying Aussie Sydney Smooth 12 Hour Anti-Humidity Hairspray on large sections of hair and bend the ends inward with a flat iron to get a polished finish.



More easy, everyday * tips for real women

Now that your hair is full and healthy, use these ideas to keep the rest of you feeling the same way.

DON'T DEPRIVE YOURSELF

If you're craving something sweet, eat something sweet. Just choose a healthier, fiber-filled option like fruit instead of a high-calorie one like ice cream. The same goes for crunchy cravings. Try air-popped popcorn instead of high-fat chips.

STEP AWAY FROM THE SNACK BOWL

At parties, stand as far away as you can from the bowls of chips, dips and other munchies so you're not tempted to stand and graze over the high-calorie snacks.

GET ON A "SEE"-FOOD DIET

Put the healthiest snacks where you'll see them first when you open your cabinet or fridge.



My Inspiration:

New White Chocolate Caramel Latté



We shared our new flavors with 20 coffee drinkers, then asked them, how does it make you feel? With a paintbrush and canvas, they showed us. Come see their inspirations or share your own with Coffee-mate® on

add your flavor





if you want...

...cooking tricks



...to save \$\$\$



...personal time



bookmark it!

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go away

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take a bite outta life!







p**55**

Test a freshly honed knife by slicing into a ripe tomato. If the fruit smushes, it's back to the sharpener!

p**105**A good rule of thumb: A

cocktail will be perfect if you shake it until the shaker is too cold to hold.

4 shortcuts

p 93
THE EVERY DAY
MENT OF THE PARTY DAY
MEN















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Already tired of your winter coat? **Give it new life** by swapping in fun buttons.

p**71**

We love extra-virgin olive oil, but when it comes to stir-frying,

peanut and canola oils are your best bets. They can take the high heat without burning.

coming up

Want a glimpse into the future? **Here are some things you'll read about next month:**

March Madness

The bracket is back: We found America's best hot dogs.

CHOPPED UP

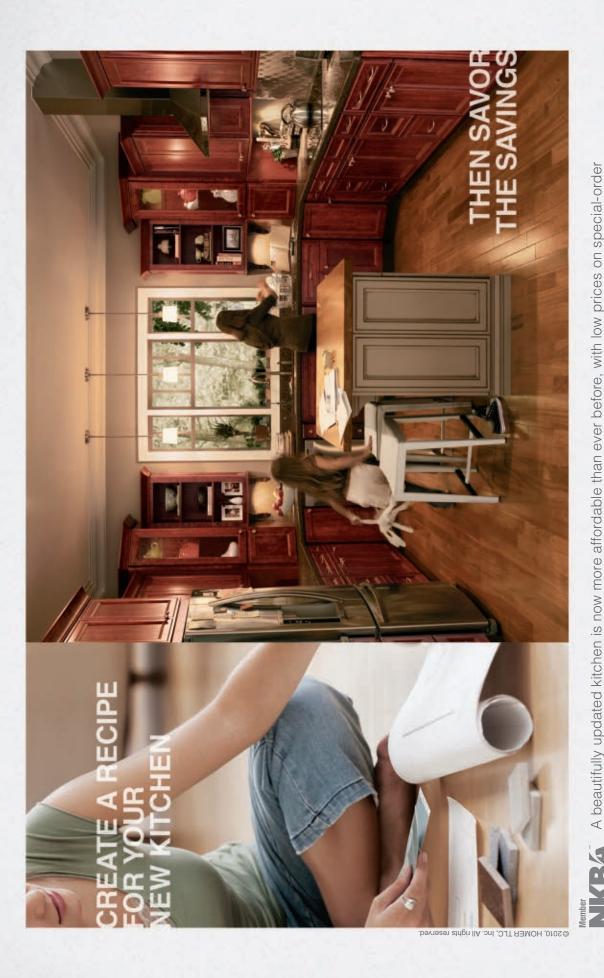
Choose your own salad adventure.

Big Savings

Shopping trends your wallet will love

Host with the Most

Michael Symon shows you how to cook with your guests.



More saving. More doing.

cabinets and countertops. This includes our exclusive Thomasville Cabinetry, like Blakely Maple shown in

Cranberry and River Rock finishes, and Silestone countertop in Sierra Madre. The bigger your kitchen project, the more money you'll save. Get started in-store or online with our free kitchen design services. **That's the power of The Home Depot**

Our Site, Your Way

Get more at rachaelraymag.com/february.

RECIPES PARTY IDEAS HOW-TO EVERY DAY LIVING RACH TALK

what we're psyched about this month



Mardi Gras

Celebrate Fat Tuesday (or just indulge in some Cajun cooking) with recipes like Coconut Shrimp Beignets and Rach's Andouille Dawgs with Gumbo Sauce. Serve with cold beer and let the good times roll!



Super Bowl Party at Our Place

It just might be the best excuse for a get-together this time of year (sorry, President's Day), even if your team isn't playing. With our favorite dips, apps, sammies, pizzas, drinks and more, we're just as happy to load up our plates, snag a primo seat by the TV and cheer on the gameand the commercials.

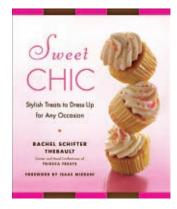




Dinners for Two

We're a little in love with our fun date-night recipes that serve just two, like Heart and Sole, or Spooning Mac and Cheese Fondue. (More ideas using grocery-store shortcuts are on page 53.) For a sweet finish, indulge in a different easy chocolate recipe every day in February—find them exclusively at twitter .com/rachaelraymag.





EVERY DAY COOKBOOK CLUB

We're forking our way through the recipes in our favorite new cookbooks, and we can't wait to hite into this month's selection. Double Chocolate Truffles from Sweet Chic by Rachel Schifter Thebault (\$28, amazon.com).

JOIN US! From January 20 to 23, our editors and Every Day people will make this sweet treat (the recipe is on our site), and we'll all post photos and recaps to show how it turned out.



ate it? rate it!.....



I didn't have a doughnut pan, so I made these Banana Doughnuts in my Twinkie pan. To mix it up a little, I filled some with Marshmallow Fluff and others with ganache. Delicious!" -KSTAR810

Post your recipe pic in our photo gallery and tell us why the dish was a hit, and we might run your picture and quote in an upcoming issue!

sweepstakes

Love your sweetie all year long: We're giving away a year's worth of Fannie May chocolates and a year's worth of flowers from 1-800-FLOWERS.com. Get the details at rachaelray mag.com/february.



No purchase necessary to enter or win the Year of Flowers and Chocolates Sweepstakes. Purchase will not improve your chances of winning. Sweepstakes is open to legal residents age 18 or older of the U.S., its territories and possessions. Sweepstakes begins at 12:01 a.m. (CST) on December 29, 2010, and ends at 11:59 p.m. (CST) on February 9, 2011. To enter and for official rules for this sweepstakes, visit rachaelraymag.com/february. VOID WHERE PROHIBITED. Contest sponsored by The Reader's Digest Association, Inc., the publisher of Every Day with Rachael Ray.

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ADD A LITTLE JAZZ TO YOUR DINNER LINEUP.



From side dishes to dinner mixes, Zatarain's is the perfect way to bring all the fun and flavor of New Orleans to any meal.



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Italian

Start to Finish: 15 minutes, 16 servings

- cups Rice Chex® or Corn Chex® cereal
- 1/4 cup salted soy nuts
- tablespoons olive or canola oil
- teaspoons balsamic vinegar teaspoons garlic powder
- teaspoons Italian seasoning
- cups popped 94% fat-free butter-flavor microwave popcorn
- tablespoons shredded or grated Parmesan cheese
- 1. In large microwavable bowl, mix cereal and soy nuts.
- 2. In small bowl, mix oil, vinegar, garlic powder and Italian seasoning. Pour over cereal mixture, stirring to coat. Stir in popcorn until well mixed.
- 3. Microwave uncovered on High 2 minutes. Sprinkle with cheese. Microwave 1 minute longer, thoroughly stirring after 30 seconds. Spread on waxed paper to cool. (Cereal will crisp as it cools.) Store in airtight container.

Easy to Make. Many to Love. ChexPartuMix.com





Cooking Gluten Free?

Always read labels to make sure each recipe ingredient is gluten free. Products and ingredient sources can change.



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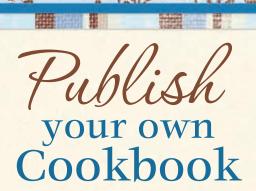
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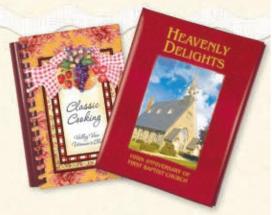
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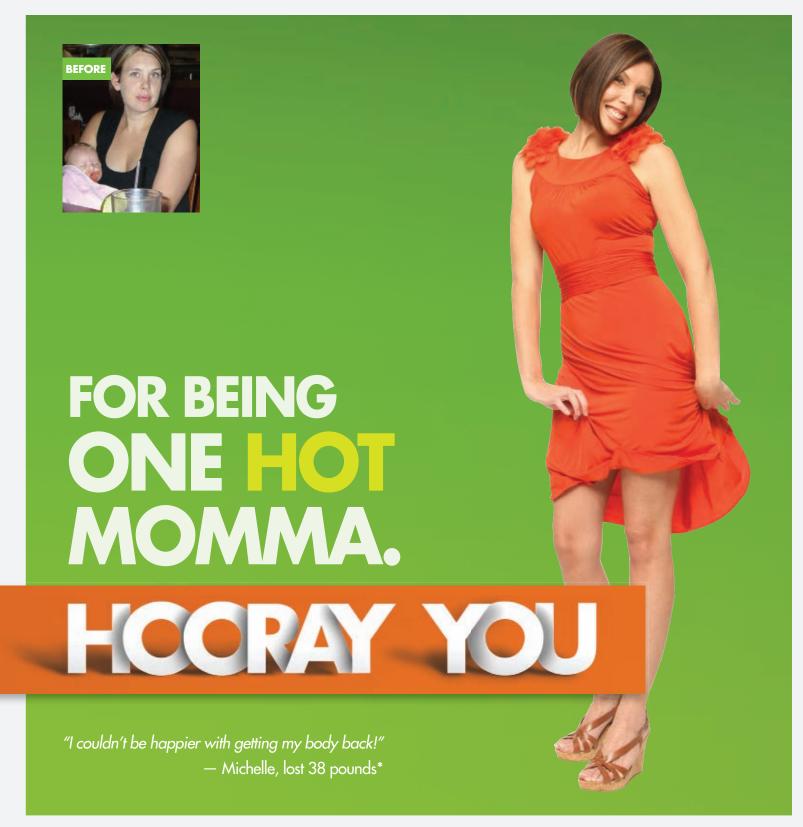
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*Equivalent exfoliation vs. a 30% glycolic acid light peel. **Results not equivalent to cosmetic procedures.

OLAY. CHALLENGE WHAT'S POSSIBLE.™

It's February, so normally I'd write a lot of date-night recipes in the 30-Minute Meals section because of Valentine's unusual and eclectic home goods and overall lifestyle

Day. In this issue I got a little more practical. Half of this month's 30-Minute Meals (page 78) are lazy meals: tasty suppers that require minimal effort in one way or another.

The theme of this issue is food and things we love, so I thought I'd give you a short list of my favorite spots to check out whenever you find yourself in New York City. I hesitate to do this, because some of the places I've let out of my bag over the years have become so popular and so busy, I can no longer get in to enjoy them! Since the owners deserve the business, here are a few of my current faves:

Motorino East Village (349 E. 12th St.): John and I eat here once a week. They have a fantastic wine list and mind-blowing pizza, made in a pizza oven that burns at 1,000 degrees.

A.C. is in the house! Andrew Carmellini runs not one, but two family favorites of ours. Perfect Italian food is served up at Locanda Verde (377 Greenwich St.), and The Dutch (131 Sullivan St.) is its brand-new, casual, American cousin. Of course, all of Mario Batali's 10-plus restaurants remain old-school faves.

A high percentage of my favorite things have been purchased at John Derian (6 E. Second St.), the most store I have ever had the pleasure of shopping in. In fact, the whole neighborhood surrounding John Derian is full of hot picks. Most everything my husband wears comes from the **John Varvatos** store in the old CBGB space (315 Bowery), where you can still find great music! J.V. broadcasts great tunes all the time.

Chelsea Market (75 Ninth Ave.) is my home away from home, and is also the home of the Food Network and the Cooking Channel. It is an ever-changing collection of restaurants and food shops, and is a must-see!

Oh! Don't forget to check out our Burger Bash feature and get-together, "Have Burger, Will Party," on page 114. A big shout-out to my good friend Bobby Flay, who won the people's choice award at the NYC Burger Bash this year!

Until next month, stay warm and full.





Do what's better for your mouth.



Colgate Total reduces 90% more plaque germs.**

We hope this doesn't creep you out: Here at Every Day with Rachael Ray, we think about you. **A lot.** Maybe too much. So we couldn't wait to read the results of our big, juicy reader survey to find out more. Once again, you've inspired us with your honesty and creativity.



percent dread scrubbing pots and pans—the most unpopular chore by far, beating out unloading the dishwasher. cleaning counters and making coffee.

> You put your own spin on recipes.

15% add veggies. **OUR IDEA** Defrost a box of frozen cauliflower and add to takeout Indian or Chinese food to stretch it out into two (healthier) meals.

22% swap in lower-cal ingredients. OUR IDEA Use high-flavor, low-fat feta in place of other cheeses.

29% get creative with spices. **OUR IDEA** Try adding tangy mustard powder to your next batch of mac 'n' cheese.

34% substitute with on-hand ingredients.

OUR IDEA If you're making cookies and are out of walnuts, sub in granola.

On to the next (recipe)

26 percent

skip recipes containing yeast Up for a challenge? Homemade pizza is a good introduction to yeast. Find our favorite recipes (and a step-by-step tutorial) at rachaelraymag.com/february.

20 percent

avoid recipes that require a thermometer.

13 percent pass on ones that include seafood.

10 percent

don't bother when there's more than 30 minutes of active cooking time.

31 percent

named other very specific turnoffs, including liver, mushrooms, eggplant, okra, goat cheese, capers, anchovies, curry, black beans and mint.

→ How do you handle leftovers?

67% save them for dinner the next day.

22% freeze them for later use.

freeze and forget 'em.

toss them.

ATTENTION. FREEZER FANS: FIND OUR 20 FAVORITE FREEZABLE RECIPES AT RACHAELRAYMAG.COM/FEBRUARY.

Rule of Ten Many of you wrote in lescribing your aversion to long recipes. We thought you should know: About three-quarters of the recipes in each issue have

10 ingredients or fewer.

ALL OR NOTHING 37% OF READERS RARELY BAKE, BUT 23% BAKE ONCE A WEEK.

24 percent almost never get their five daily servings of fruits and veggies. This is important, people! We rely on bags of washed spinach, which we throw into soup and tomato sauce. or sauté and pile onto grilled cheese. When frozen berries and cherries are on sale, we stock up, defrost in the fridge, and add to cereal



percent of you admit to overeating on vacation.

DESSERT IS THE HIGH-CAL RESTAURANT ITEM YOU MOST LIKE TO SPLURGE ON (31%), BUT WINE AND COCKTAILS (29%), RED MEAT (21%) AND THE BREAD BASKET (19%) AREN'T FAR BEHIND.



₩ What would you eat for your last meal?

Some respondents to our anonymous survey found this question depressing. So, let's rephrase: What would you eat for your last meal before a long journey to a far-off country? The most popular response was steak, followed by pasta and lobster. But many got imaginative.

"My mom's from-scratch red velvet cake with cooked icing, and my mom-in-law's italian beef sandwiches."

"Popeyes fried chicken."

"It would have to be a buffet! Pizza, mashed potatoes, sushi, my mom's manicotti and meatballs, tiramisu. That's just a sample!"

"Kraft Macaroni & Cheese, mashed potatoes, cheesecake and champagne."

"I hate to admit this, but a Domino's Pasta Bread Bowl, my cream puffs and a frozen grasshopper."

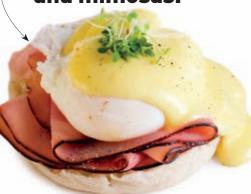
"Rachael's Individual Beef
Wellingtons with watercress
and blue cheese, red wine, and
something chocolate for dessert."
(Find the recipe at rachaelraymag.com/february.)

"Ben & Jerry's Half Baked ice cream."

"Pulled pork, peanut butter, a hard-boiled egg and a pink-frosted doughnut from Dunkin' Donuts.

Not all in one bite."

Eggs benedict with a side of bacon and mimosas."









→ You're invited to two parties on the same night. Which to attend?

52% go to both.

34% go to the one you were invited to first.

14% go to the one that sounds more fun.

After attending a party,



percent e-mail or send a note thanking the host, and call the following day.

seventy-three percent

describe your hosting state of mind as stressed at first, then relaxed.

Us, too—in fact, we secretly enjoy a little bit of pre-party anticipation. YOU KNOW, LIKE, WHAT IF NO ONE SHOWS UP? What if too many people come?

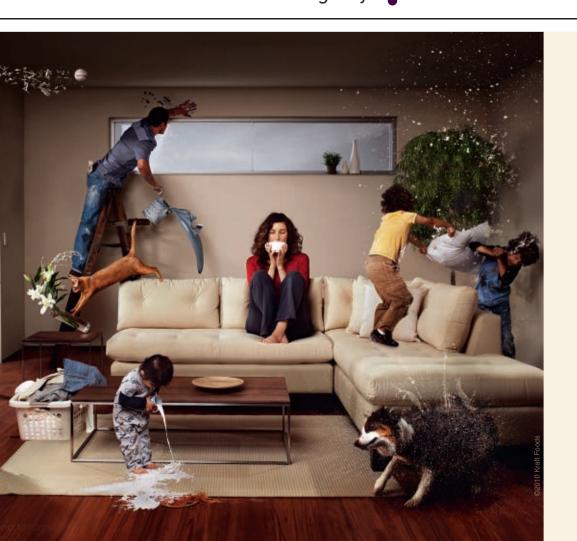
What if I run out of food?

What if I overcook the chicken?

Butterflies are a normal part of being a host. Embrace them!

54% SPEND BETWEEN \$50 AND \$100 ON DINNER-PARTY GROCERIES.

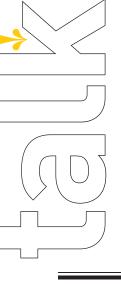




New Maxwell House International

Toasted Hazelnut Cappuccino. STOP YOUR WORLD.







Your #1 cooking resolution Be healthier

55% aim to lighten up meals, and we feel you. In 2011, you'll find us incorporating more whole grains, lean proteins and vegetables into our delicious-as-ever recipes.

➡ How much do you spend on a restaurant meal?

24% would spend \$100 tops on dinner for two.

24% say \$80 is their max.

23% don't worry about the cost, saying that great food is worth any amount of money.

20% cap it off at \$60.

9% won't spend more than \$40.

→ You love chicken...

88% cook up a white-meat dinner once a week or more.

⇒ ...but fish, not so much.
Only 30% make seafood weekly.

→ And you're not sold on vegetarian dinners.

50% claim to make them rarely (less than once a month).

web

Eating less meat is good for the environment— and your waistline.

Visit rachaelraymag.com/ february to find a list of our staff's favorite vegetarian recipes, all of which are hearty and satisfying enough to please the most ravenous of carnivores. 40%

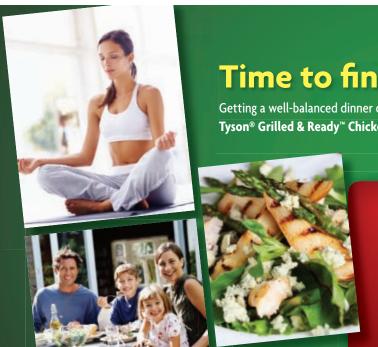
are looking to lose 20 or more pounds in 2011.

31%

want to drop 10 to 15 pounds.

16% are happy with

their weight.



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WellBalancedMe.com

No purchase necessary to enter or win. Open to residents of the U.S. age 18 and over. Sweepstakes begins 1/3/11 and ends 3/31/11. Void where prohibited. To enter and for official rules, visit www.wellbalancedme.com.
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5-minute mile? Not so much.





5-minute dinner? Done.

GrilledAndReady.com



YUM

your first taste of february

Braised Chicken with Prunes and Cream

SERVES 2 PREP 10 MIN COOK 35 MIN

- ½ cup dried pitted prunes
- 1/4 cup sherry vinegar
- 1 teaspoon brown sugar
- 4 skin-on, bone-in chicken thighs, patted dry

Salt and pepper

- 1 tablespoon vegetable oil
- 1 onion, sliced
- 2 cups chicken broth
- ⅓ cup heavy cream
- 2 cups cooked long-grain rice, such as basmati
- 1. In a small bowl, toss the prunes with the vinegar and brown sugar. Let marinate for at least 10 minutes.
- 2. Meanwhile, season the chicken thighs with salt and pepper. In a large skillet or dutch oven, heat the oil over medium-high heat. Add the chicken and cook, turning once, until browned, about 8 minutes; transfer to a plate.
- 3. Discard all but 1 tablespoon of fat and lower the heat to medium. Add the onion and cook, stirring, until soft and golden, about 5 minutes. Add the prune-vinegar mixture and return the chicken thighs to the pan. Add the chicken broth and simmer until the chicken is cooked through and the liquid is reduced by half, about 20 minutes. Stir in the cream.
- **4.** Divide the rice and chicken thighs between 2 plates and spoon the sauce on top.



Okay, so prunes might not top your list of romantic foods. But the luscious fruits are sexier than you'd think, and our dreamy dinner for two proves it. Try this golden

chicken served with plump prunes and caramelized onion in a sherry-cream sauce, and you just may feel like you've been shot with cupid's arrow.

RECIPE BY STACY ADIMANDO PHOTOGRAPH BY LUCAS ZAREBINSKI



CENTERPIECE OF THE MONTH

jewel intentions

Accessorizing with a few fancy baubles before guests arrive is standard procedure. But how about grabbing some extra pieces for the tabletop, too? Jeanne Benedict, host of DIY Network's Weekend Entertaining. shows us how to glam up vases with

items from a jewelry box.





🔀 jeanne's idea

backings. Wrap thick ribbons around some pedestal vases using doublestick tape. Secure the jewelry to the vases by placing a strong magnet inside



CRACKING THE CASE

Broken makeup compacts may shatter your patience, but you can doctor the most daunting cracks with a little MacGyver know-how.

→ Using an eyedropper, trickle enough rubbing alcohol onto the broken makeup to form a paste, then drag the back of a spoon over it to reshape. Leave it overnight—the alcohol will evaporate, returning the makeup to its original form.



COLD COMFORT

On February 5, an estimated 10,000 people will take an icy-cold ocean dip during the Polar Plunge Winter Festival (polarplunge .com) in Virginia Beach, Virginia. (Shiver.) At least the reason is heartwarming: Pledges raise funds for local Special Olympics athletes and events. A steaminghot bowl of our thick and creamy squash soup makes the perfect post-plunge treat.

Squash-and-Potato Soup SERVES 4 PREP 15 MIN COOK 25 MIN

- tablespoons butter
- leek, white and light green parts only, halved lengthwise and thinly sliced crosswise
- bay leaf

Salt and pepper

Half of a large acorn squash—peeled, seeded and cut into 1/2-inch cubes

- large baking potato, peeled and cut into 1/2-inch cubes
- tablespoon flour
- 3½ cups chicken broth
- tablespoons heavy cream
- 1½ teaspoons prepared horseradish
- 1. In a large saucepan, melt the butter over medium heat. Add the leek and bay leaf; season with salt and pepper. Cook, stirring, until the leek is softened, 7 to 9 minutes. Stir in the squash and potato; cook until softened, about 5 minutes.
- 2. Stir in the flour, then the chicken broth. Bring the mixture to a boil over medium-high heat, then lower the heat to medium-low and simmer until the vegetables are tender and the liquid is thickened, 10 to 12 minutes. Stir in the cream and horseradish.

—STACY ADIMANDO



FOR A BETTER-LOOKING TOMORROW.

Vicks NyQuil. The nighttime, sniffling, sneezing, coughing, aching, fever, best sleep you ever got with a cold...medicine.



Read each label. Use as directed. Keep out of reach of children.

swap out the buttons

Make eye candy of your closures. Search for buttons in different shapes, colors or materials that will fit into the existing holes. To get it right, measure the width of the gap—the ideal button should be 1/8 inch smaller (buttons come labeled by size). Etsy.com is Patch's go-to source for handmade and vintage buttons, but craft stores or flea markets carry an array, too.

ESTIMATED COST 25 cents and up per button, depending on material and workmanship

pin on a brooch

Look for one a little more modern than your grandmother's jeweled varieties, like a fabric flower or preppy bow. To start, narrow the search to designs that share a detail in common with your coat, such as color or material, Patch says. Or, if you want a more dramatic look, choose one that will contrast with your coat's style—like a ruffled brooch for a classic, tailored jacket.

ESTIMATED COST Less than \$50

outer space

If you can't bear the thought of another winter with the same old coat (we're with you), try

these easy outerwear updates courtesy of Cal Patch, author of Design-It-Yourself Clothes.

—CHRISTINE RICHMOND





Belts look great on nearly any style coat (the one exception: a coat that's especially bulky or loose-fitting). If you can't find a fabric that's an exact match, choose a fun print, a metallic or one in a contrasting color. Ask your tailor to add belt loops for a more secure wear, or just stash the belt in your purse when you arrive somewhere.

ESTIMATED COST Less than \$50

tip Learn from the expert: Patch, who teaches sewing classes in New York City, offers free tutorials at

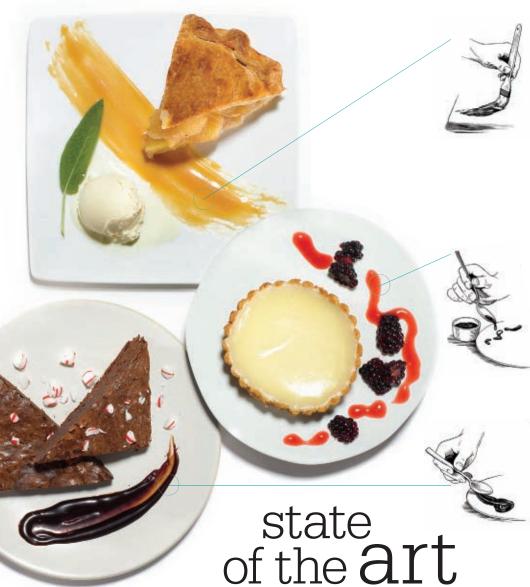
change the lining What's on the inside counts, too.

Modifying the lining in color or weight can make all the difference in how you feel when you put on your coat, Patch says. Be sure to use a fabric that's slippery, so you can easily slip it on and off. Going warmer? Opt for a heavy fabric like silk charmeuse. For more flexibility, try taking out any removable interlinings (you can replace with a chunky knit sweater on very cold days).

ESTIMATED COST \$50 and up



PHOTOGRAPHY BY LUCAS ZAREBINSKI; PROP STYLING BY LISA LEE FOR HALLEY RESOURCES



pie

The golden-brown crust gives any pie plate an organic look. Play that up with a rustic stroke of sauce and a touch of something green.

- 1. Dip a pastry brush into a sauce (one that is more sticky than runny, such as caramel, works best) and let the excess drip off. Slowly drag the brush across the center of the plate to make a painted stroke. "A little fade in color and texture is okay, and actually looks beautiful," Guas says. Place the pie on top.

 2. Add a scoop of ice cream or a dollop of fresh whipped cream.
- **3.** Garnish with a touch of color: Pluck leaves off a seasonal herb like sage, thyme or mint.

cake or tart

A simple drizzle of color (and flavor) is all you need.

- 1. Place the cake on the plate, leaving extra room on one side. Fill a spoon with dessert sauce. Tip the edge of the spoon downward over the plate to release a thin trickle of sauce, moving the spoon to trace a freehand pattern or squiggle.
- 2. For the world's easiest garnish, slice some blackberries or raspberries in half, then lay them alongside the squiggle, Guas says.

cookie or brownie

The fastest way to upgrade a simple treat: Cut it into an interesting shape that can be stacked or arranged on the plate, then decorate around it.

- 1. Fill a spoon with a dessert sauce (warm it in the microwave for a few seconds if it's too thick to drip), whipped cream or greek yogurt. Tip the spoon toward the plate to make a circle with the sauce. Then, using the back of the spoon, drag the sauce in a shooting-star shape across the plate.
- 2. Sprinkle the dessert with a crushed hard candy like peppermint.

Turn dessert plates into masterpieces with **inspiration**

from chef David Guas, owner of Bayou Bakery in Arlington, Virginia, and author of DamGoodSweet.

ROPED IN

Your pup may pull you out for walks, but when it comes to his accessories, you get final say. Found My Animal's leashes (\$36 and up, foundmyanimal.com) are handcrafted by New England rope makers with fibers made from recycled plastic bottles. They stand up to strong tugs, and 25 percent of profits go to a mighty cause, too: the Louis Animal Foundation pet rescue.

-ALLYSON DICKMAN



If winter decides to carry on for six more weeks, we'd like to know about it ASAP, please. We predict instant gratification this Groundhog Day: Punxsutawney Phil will give the scoop on his shadow if you text "groundhog" to 247365 before the event.

EANNA.

Dinner



Spend less time cooking dinner and more time with the family.

Simple is Smart

Take the night off and let On-Cor create your main dish for dinner. Try the Salisbury Steaks. Charbroiled for great grilled taste and served in traditional mouthwatering brown gravy, they're sure to satisfy the whole family. And if you're in the mood for something else, there are lots of family favorites to choose from.





Make it Satisfying

Complete your meal with a quick side dish from *Every Day with Rachael Ray,* and dinner is done.

Pair your Salisbury Steaks with these Butternut Squash Fries with Chili Salt and Maple Cream:

Preheat oven to 425°. Cut 1 butternut squash, seeded and peeled, into ½-inch-wide sticks about 3 inches long. Toss with 2 tsp. extra-virgin olive oil. Spread in a single layer on a foil-lined baking sheet and roast until golden and tender when pierced with a knife, about 35 minutes.

Meanwhile, in a small bowl, stir together ½ cup crème fraîche or sour cream and 2 Tbsp. maple syrup until combined. In another bowl, combine 3 Tbsp. coarse salt, ½ tsp. ground cumin and ½ tsp. chili powder.

Sprinkle some of the seasoned salt on the squash fries and serve with the maple cream, remaining seasoned salt and some lime wedges.

It's All Good



Now that you've got dinner made in minutes, here are some ideas on how to spend some quality time with the family.

- Game on. Pick a night of the week as game night. Rotate who chooses the game each week. You'll be teaching your kids good sportsmanship, promoting communication and having good ol'-fashioned fun!
- No time like the present. Let dinner be its own entertainment and quality family time. Have a crazy-hat night. Or try dimming the lights and using candles for a fun, "formal" dinner.
- Hit the road. You don't have to go far to make it exciting. Load everyone into the car and head to your favorite dessert spot for a sweet treat. Small trips can create big memories.

For More Smart, Satisfying, Good Ideas, visit

On-Cor.com



For more Smart & Satisfying ideas, visit on-cor.com.



EVERYDAY CLV CS shop the coolest finds

> Use a thick, wool-felt Cozy Cuff two ways: Wrap it around a hot coffee cup or wear it as a bracelet. \$32 orangeandpear.com

> > ROADTRIP

faves giveaway: Ten readers will win a Nostalgia Electrics Cotton Candy Maker from Best Buy. Enter to win at rachaelraymag.com/february.

Just drop candy into the Nostalgia Electrics Hard and Sugar-Free Cotton Candy Maker and out spins a fluffy treat that tastes just like your favorite sweet! \$50 bestbuy.com







Leave your headphones at home: This sound-blasting foam Music **Balloon Speaker** connects to any iPod and is small enough to fit in a pocket! \$45 westelm.com

Turn the drive to Grandma's

into a game for the kids! Roadtrip Bingo asks them to spot interesting sights along the way. \$8 knockknockstuff.com





















(And you're in here. Again.)

Maybe today is the day to talk to your doctor about overactive bladder.

Ready to take a vow to do something about your overactive bladder symptoms? Ask your doctor about prescription Toviaz[®] (fesoterodine fumarate), the once-daily pill that significantly reduces sudden urges and accidents over 24 hours.*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Make a commitment to learn more about the symptoms of overactive bladder and Toviaz.

Ask if Toviaz is right for you.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

*Results may vary

The plan can help you manage overactive bladder symptoms:

Did you know acidic fruits and vegetables such as tomatoes and citrus fruits

.



Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.





IMPORTANT FACTS



(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- · Liver problems.
- · A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- · Drv eves
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- · Go to www.Toviaz.com.
- Call **1-877-9-TOVIAZ**.

Uninsured? Need help paying for Pfizer medicine?
Pfizer has programs that can help.
Call 1-866-706-2400 or visit
www.PfizerHelpfulAnswers.com.





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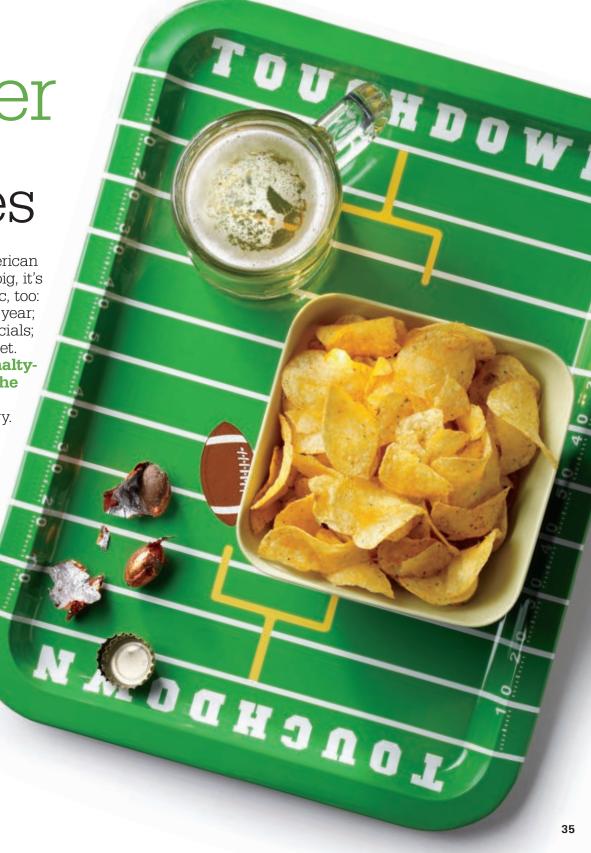
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This month's helping of information and inspiration.



Is there anything more American than the **Super Bowl**? It's big, it's brawny—and it's democratic, too: for fans, the matchup of the year; for nonfans, terrific commercials; for everyone, pigs in a blanket. **Look no further for a penalty-free party that'll please the whole gang.** Like the best coaches, we've got a strategy.

BY COURTNEY BALESTIER



A game-day game plan so you can cook, set up, chat and chew without missing any big moments





1 hour before kickoff

Think a wide receiver is a piece of phone equipment? Head to the TV and bone up during pregame coverage. "It'll help you learn the background of this particular game," says NFL on Fox analyst Daryl Johnston, And don't be intimidated around serious fans: "Get near them to hear their comments and ask questions," he says.



first half

Time bathroom breaks to avoid missing the best play-or commercial-of the night. "Go on second downs," Johnston says. 'Teams are aggressive on first downs, but you can sneak out on a second down."

KICKOFF!



BRING THE GAME ALIVE!

Set a scene that makes you feel

like you're right in the stadium.

BORROW A HOMETOWN RECIPE

Honor the host city by making Dallas favorites like stuffed jalapeños, chickenfried steak and chili (find recipes at rachaelraymag.com/february). And don't forget the margaritas. Serve drinks at one central bar area and set up multiple food stations. If you want people to mingle, put out different food at each station (say, one table inspired by the AFC team, and another for the NFC team). Or, to cut down on foot traffic, keep offerings the same everywhere.



MAXIMIZE YOUR SCREENS

Use the screens you've got (and borrow friends' if you really mean business) to set up different viewing areas. This will ensure that everyone has a good vantage point. Stick a TV in the playroom for the kids, or designate a "no talking" room for serious fans. Then reassemble your crowd in the main viewing area for halftime.



BRING CUTE GEAR

We're talking megaphones, pom-poms and pennants, all in team colors. For easy—and free—ambience, ask quests to wear their favorite jerseys. Or make DIY ones for the children: Cut large numbers out of cardboard or construction paper, and have kids decorate them with glitter and markers before taping them to the back of their shirts.

2 hours before kickoff

Note on your invitation that guests are welcome two hours before kickoff, savs Dallas event planner Steve Kemble. Catch up with friends, organize bets, play party games—or, if you live in a pleasant climate, turn your driveway into a tailgate party.

10 minutes before kickoff

It's go time, both for the teams on the field and the folks in your house. Johnston suggests grabbing a seat 10 minutes prior to kickoff. "I like to be ready to go for that pan-back shot of the stadium," he says. "I love the flashbulbs going off and the flyby with the jets.'



HALFTIME!

Supplement your party snacks with a main meal or buffet. Just don't try to squeeze in a game of charades: "I wouldn't plan another activity during halftime—there's usually a big-name entertainer who performs," Kemble says.



third quarter

Chitchat tends to ratchet up after halftime. Johnston recommends keeping a close eye on special-team plays (those involving players who come out during punts, field goals and extra-point attempts) because they have a lot of yardage potential. "And don't go anywhere on third downs," he says.

fourth quarter

At this point in the game, teams are more likely to try gutsy, last-ditch plays like onside kicks. To avoid getting interrupted by hoots and hollers, start conversations just before commercial breaks. According to Johnston, commercials are probably coming when the ball changes possession from one team to the other, when the game clock gets down to two minutes, and when teams punt away on fourth downs.



after the game

Before everyone heads home, pass out prizes to the bet winners. As a party favor for everyone, Kemble suggests Mardi Gras beads in team colors or mini Nerf footballs, which you can easily have imprinted with the year's matchup.





EVERY DAY WITH RACHAEL RAY rachaelraymag.com



Champion Snack Spicy Pigs in Blankets with Chimichurri Dip

MAKES 32 PREP 20 MIN BAKE 30 MIN

One 17.3-ounce package (2 sheets) frozen puff pastry, such as Pepperidge Farm, slightly thawed One 12-ounce package andouille

One 12-ounce package andouille sausage links, cut into 32 pieces

- 1 egg, beaten
- 1½ cups flat-leaf parsley leaves
- 1 cup cilantro leaves
 - 2 cloves garlic
- 1/4 cup extra-virgin olive oil
- 2½ tablespoons red wine vinegar
- ¼ teaspoon crushed red pepper Salt and black pepper
- 1. Preheat the oven to 400°. Line 2 baking sheets with parchment. Working with 1 puff pastry sheet at a time, cut the pastry crosswise into quarters, then halve lengthwise to form 8 rectangular pieces. Cut each piece diagonally to form 16 triangles. Repeat with the remaining puff pastry sheet. 2. Working with 1 puff pastry triangle at a time (and refrigerating the remaining pastry as needed), arrange a piece of sausage across the base of the triangle and roll up snugly, sealing the pastry with a dab of beaten egg; transfer to the prepared pans. Brush the triangles with more beaten egg and bake until puffed and golden, about 30 minutes. 3. Meanwhile, using a food processor, blend the parsley, cilantro, garlic, olive oil, vinegar, crushed red pepper and 2 tablespoons warm water until almost smooth; season with salt and black pepper. Serve the pigs in blankets warm, with the chimichurri dip.

-7	FEATURING					
4	A PUPPY	A TALKING BABY	CHICK	CHARACTERS GETTING HURT	GUYS ON A COUCH	CELEB CAMEO
FOOD						
ALCOHOL						
SODA SODA CARS						
GADGETS or WEBSITES						K
TV SHOW or MOVIE						

the **party game** for non-football lovers

You don't have to know a touchdown from a two-point conversion to join in—all you have to do is watch the commercials.

One of the most common Super Bowl betting games works like this: You "buy" randomly numbered boxes on a grid, and you win if your numbers match the digits in the final score. We designed a similar game for those who perk up when they hear, "And now, a word from our sponsors."

Download this board at rachaelraymag.com/february. You'll notice that one axis lists the products commercials sell (beer, gadgets), and the other lists features of those ads (talking babies, celebrity cameos). Ask your guests to write their initials in the boxes (and don't forget your own!). If you see your square's cross-section—say, a celeb in a beer commercial—you win.



commercial appeal

The Super Bowl is known for its game-changing ads. We asked Edward W. Russell, associate professor of advertising at Syracuse University, why some commercials are destined to be classics.

They surprise you.



Remember last year's Snickers ad? Of course you do, because Betty White was playing football with a bunch of dudes. Russell says: "Betty White added a dimension of memorability that helped the ad become number one in the USA Today Ad Meter."

They use the right humor.



The Super Bowl has wide appeal, but its core audience is male. "Men have an uncanny ability to laugh at themselves. so guy humor that's not stupid, like the Doritos ad where a dog steals a bag of chips from a man on a park bench, works well," Russell says.

They tell a story.



A great ad has a likable narrative. During last year's Super Bowl, Google nailed it with its "Parisian Love" commercial about a couple's meeting, marriage and path to parenthood, all conveyed via Google searches. "It told a charming tale in a very simple way," Russell says.

They play to pathos.



"The Super Bowl is one of the most American nights of the year," Russell says. One company that seizes on that sentiment is Anheuser-Busch, as with its Budweiser ad about a donkey that's a Clydesdale at heart. "It's the classic underdog story—a culturally American thing that we love."



HOST OF INSPIRATION

Dallas/Ft. Worth knows how to throw an outsize party. Feel free to borrow a play from these scene-makers.

CATCH THE GAME Frankie's Sports Bar 3227 McKinney Ave., Dallas, 214-999-8932; raw oysters, \$13 per dozen, beer from \$3 Recommended by Dallas Morning News sports reporter Todd Archer, Frankie's is serious about food (think raw bar). It also takes its TVs seriously: There are 38 (including two 10-foot projectors). Arrive by early afternoon to secure seats.

CHOW DOWN Ellerbe Fine Foods 1501 W. Magnolia Ave., Fort Worth, 817-926-3663; entrées from \$22 Chef Molly McCook uses local ingredients to create her refined takes on Texas classics, such as the chili-braised wild boar with pepper jelly, nopalitos (sautéed prickly pear cactus) and a mesquite bean blini. The in-house market stocks souvenir-worthy goods, like cactus jelly.

GET AROUND Molly the Trolley mollythetrolley.com Fort Worth's vintage-style Molly the Trolley will take you around downtown and to shindigs like the AFC Fan Party and Taste of the NFL, held the night before the Super Bowl to benefit food banks nationwide. Two routes are free; the third, a Saturday route, is \$1.50 one way.



WITH ALL THE WAYS TO ENJOY CRANBERRIES,

goding to need a bigger recipe box.



Oatmeal Cranberry White Chocolate Chunk Cookies

INGREDIENTS

- 2/3 cup butter or
- 2/3 cup brown sugar
- 2 large eggs
- oats
- 1 1/2 cups flour
- 1 teaspoon baking soda 1/2 teaspoon salt
- 1 6-ounce package Ocean Spray® Craisins® Original Dried
- Cranberries chunks or chips

DIRECTIONS

Preheat oven to 375°F. Using an margarine, softened electric mixer, beat butter or margarine and sugar together in a medium mixing bowl until light and fluffy. 1 1/2 cups old-fashioned Add eggs, mixing well. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add to butter mixture in several additions, mixing well after each addition. Stir in dried cranberries and white chocolate chunks.

Drop by rounded teaspoonfuls onto 2/3 cup white chocolate ungreased cookie sheets. Bake for 10-12 minutes or until golden brown. Cool on wire rack.

Makes approximately 2 1/2 dozen cookies.



For even more ways to enjoy cranberries, visit

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You'll be a *Top Chef* in no time with our Grilled Chicken & Spinach Cannelloni with Alfredo Sauce. Devour the tender semolina dough filled with natural white meat chicken, spinach and four premium cheeses baked together and topped with a gourmet Alfredo sauce. On exhibit in your grocer's freezer.





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Milk's Favorite Valentine.

Share your Oreo moment with us, and we'll share it with the world. Facebook.com/oreo.

EVERYDAY (ICheh)



fast fact

No more guilt about plunking the kids in front of the TV once in a while—a recent study linked watching *Popeye* cartoons with increased veggie consumption. Other fun ways to boost your kids' spinach (or broccoli) intake: Together, plant vegetable seeds, cook vegetable soup and throw vegetable-tasting parties.

Cooking together should add some heat to your relationship—not leave you steaming mad. BY DINA CHENEY

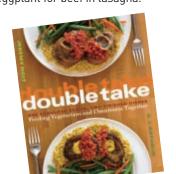
ROLE PLAY. Assign tasks, say
Vicki and Steve Caparulo, teachers
of couples' cooking classes at
New York's Institute of Culinary
Education. Play to your strengths: If
your better half is an ace chopper,
hand over the knife. If one or both of
you tend to meddle, try dividing the
menu and working on entire dishes
separately. The Caparulo approach
to neatness helps, too: Prep, clean,
pour some wine, then get cooking.

DON'T GET SERIOUS. "Make a handshake agreement that you're going to have a good time and not get upset—even if the food isn't great," says relationship specialist Rachel Sussman. She suggests jointly picking out a cookbook and using it to prepare fare that's new to you both. Or draw inspiration from your relationship: If you've just come back from an Italian vacation, roll out and shape fresh pasta.

Jeremy Holt and vegetarian A.J. Rathbun—friends and authors of **Double Take**—suggest cooking as much of a dish as possible before adding an ingredient that one of you doesn't eat. Then divide the food into two pages adding that

FIND COMMON GROUND. Omnivore

food into two pans, adding that ingredient to just one of them. Or tweak a recipe until it suits both your tastes, like by swapping eggplant for beef in lasagna.





Make sure the string on your apron is long enough to wrap around your waist and tie in the front. Then use it as a line to hang your work towel.





Gluten free and full of Hawou

Reducing gluten from your diet doesn't mean you have to sacrifice taste. **Chex®** has five delicious, gluten-free flavors* — Chocolate, Cinnamon, Rice, Corn and Honey Nut — so everyone can choose their favorite. Enjoy them on their own or in recipes like this one from Silvana Nardone, author of the gluten-free cookbook *Cooking for Isaiah*.

Double ChocolatePeanut Butter Pudding Pie

8 SERVINGS
PREP TIME: 20 MINUTES
START TO FINISH: 3 HOURS

- 3 cups Chocolate or Rice Chex® cereal, finely crushed
- 5 tbsp. butter, melted
- 12 oz semisweet baking chocolate, chopped, plus more for chocolate shavings
- 1½ tbsp. unsweetened baking cocoa, sifted
- 2 cups half-and-half
- 1/₃ cup sugar
- 1 egg plus 2 egg yolks
- 6 tbsp. whipping cream, plus1 cup whipping cream, whipped
- ½ cup white vanilla baking chips
- 1/4 cup creamy peanut butter



- **1.** In small bowl, stir together cereal and melted butter. Press in bottom and up side of ungreased 9-inch pie pan. Refrigerate until set, about 30 minutes. Heat oven to 350°F. Bake crust 15 minutes. Sprinkle with one-third of the chopped chocolate.
- 2. Meanwhile, in large heatproof bowl, mix cocoa and remaining chopped chocolate; reserve. In 1-quart heavy saucepan, heat half-and-half over medium-high heat until almost boiling. In medium heatproof bowl, beat sugar, egg and egg yolks with whisk until pale yellow. Slowly beat in half of the hot half-and-half, then pour egg mixture into saucepan. Reduce heat to medium. Heat mixture just to boiling. Cook, beating with whisk, about 1 minute or until thickened. Pour through sieve into reserved cocoa mixture; beat with whisk until smooth. Pour into crust; refrigerate 30 minutes.
- **3.** Wipe out saucepan. Add 6 tablespoons cream. Heat to boiling over medium-high heat. Place vanilla baking chips and peanut butter in medium heatproof bowl. Pour hot cream on top and let stand until chocolate is melted, about 2 minutes; beat with whisk until smooth. Spread evenly over chilled pie. Refrigerate until firm, about 1½ hours.
- 4. To serve, top servings of pie with whipped cream and chocolate shavings.



For more gluten free recipes, visit:

chex.com/glutenfree

*Wheat Chex® and Multi-Bran Chex® are *not* gluten free. 2011 @ and $@/^{TM}$ General Mills



Honey Nut. Just one of five amazing gluten free flavors.



Five flavors. Gluten free. Delicious news.



Chex.com/GlutenFree

NAME Silvana Nardone OCCUPATION Cookbook author; founder, dishtoweldiaries.com LOCATION Brooklyn, New York

You won't get in trouble for running, jumping or tossing a ball in Silvana Nardone's house. After all, there's a basketball hoop installed just under regulation height in her loft's expansive kitchen-living-dining area. Her children—Isaiah, 14, and Chiara, 4—and their pals use the surrounding hardwood "court" for shooting and whizzing around on scooters. "We don't have much that's breakable," says Nardone, who cooks for her energetic children four or five nights a week. Nardone wrote Cooking for Isaiah to address her son's gluten and dairy sensitivities, but she hopes the recipes in the book will appeal to the whole family (including her vegetarian husband, Stephen) and their friends. Factor in great food, Nardone says, and "who wouldn't want to hang out here?" —SARAH STEBBINS

Nardone reheats leftovers in the Krups convection toaster oven (\$150. macvs.com). which warms food faster than a traditional oven, and more evenly than nuking or baking.

on hand mini marshmallows

GET INSPIRED

in coffee Forget frothing! To make a low-tech cappuccino, stir hot milk into espresso and top with mini marshmallows. Sprinkle with cocoa powder or cinnamon.

in a casserole Make an easy candied squash dish. Bake buttered acorn squash halves until tender; season with salt, stuff with creamy goat cheese and top with mini marshmallows; then bake until golden.

in a salad For a fresh take on the classic waldorf salad. toss mini marshmallows with apples, celery, grapes and toasted walnuts. Dress with lemon yogurt and serve in lettuce cups.

richly grained Indonesian hardwood is the home's epicenter—a place for meals, homework and art projects. Tired of bottles to support her

An 8-foot-long dining table made of

buying-and tossing-plastic family's seltzer habit, she invested in a soda-making machine and reusable containers from sodastream .com [kits \$100 and upl.



Nardone's husband and son play games of one-on-one and P-I-G using a lightweight, coated-foam basketball (\$20, esportsonline.com).



Flour, especially the

gluten-free variety, can

properly. Nardone says.

airtight Oxo Good Grips

go rancid fast if not stored

She pours her staples into

Pop containers (\$8 and up,

bedbathandbeyond.com).

On weekends she makes batches of "homey, chewy" Bob's Red Mill aluten-free steel-cut oats, topped with bananas and chocolate chips. To make her weekend batch work for weekdays, she undercooks it slightly, then reheats it with a little extra liquid.

sound bite

mix-and-match cooking

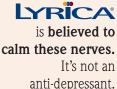
As our friends Jeremy Holt and A.J. Rathbun point out on the previous page, making food for someone with special dietary needs doesn't have to be complicated. Have fun with it. Think of it as a chance to reinvent a favorite recipe. Ask yourself, "How can I make my famous burger just as memorable for veggie lovers? What can transform lasagna into a gluten-free meal?" (Hint: Try thinly sliced squash "pasta.") Improvising just might make you a more confident cook—and your guests will appreciate the effort!

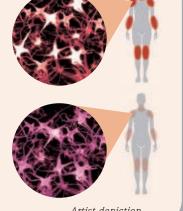






is chronic widespread muscle pain thought to be caused by over-active nerves.





Artist depiction

LYRICA (pregabalin) © can provide significant relief from Fibromyalgia pain.

In some patients, it works in as early as the first week of treatment. Have the Lyrica conversation with your doctor today. Visit www.lyrica.com or call 1-888-5-LYRICA.



RELIEF can start here.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

· Swelling of your face, mouth, lips, gums, tongue, throat or neck

• Have any trouble breathing

• Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

• New or worsening depression

• Suicidal thoughts or actions

• Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor. LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older

- · Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- · Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- · Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- · Have abused prescription medicines, street drugs or alcohol in the past
- · Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-thecounter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing

side effects. Especially tell your doctor if you take: • Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

- **BEFORE STARTING LYRICA, continued** Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- · Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- · Feeling "high"

If you have any of these symptoms, tell your doctor right away. The most common side effects of LYRICA are:

- Dizziness
- Trouble concentrating
- Blurry vision
- Swelling of hands and feet
- Weight gain • Sleepiness
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food. Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call 1-866-459-7422 (1-866-4LYRICA).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.





buy it now

Grapefruit

BY KATIE BARREIRA

select & store

- + Choose a fruit that is heavy for its size.
- + Look for taut, springy skin with fine pores.
- + Refrigerate in the crisper for up to 2 weeks.
- + Avoid skin that has soft spots or is rough and withered.
- + Best January through March.

use it...

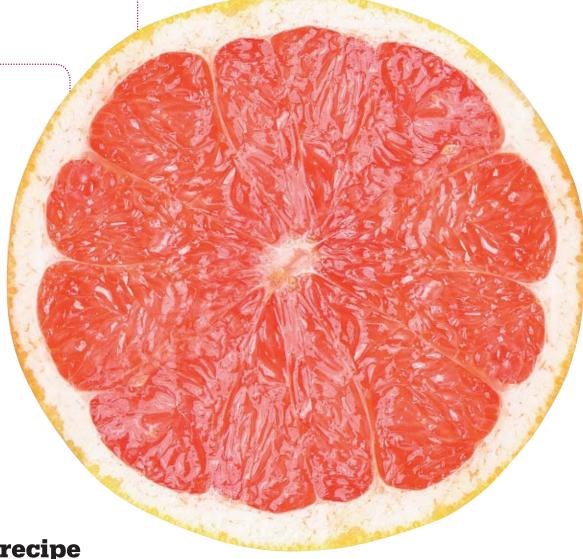
...in a crab roll Combine chopped grapefruit and avocado, shaved fennel, crabmeat and mayonnaise; serve on toasted hot dog buns.

...in a ceviche Marinate raw scallops and chopped chiles in grapefruit juice until the scallops are opaque, 1 hour, top with grapefruit segments.

...in a sauce Sauté grapefruit segments and juice with shallots until reduced; remove from the heat and stir in cold cubes of butter; serve over a whitefish like tilapia.

...in a dressing Whisk together grapefruit juice, honey mustard, olive oil and chopped tarragon, then toss with winter greens like escarole and radicchio.

...as a sweet treat Substitute grapefruit juice and peel for lemon in your favorite curd or meringue pie.



+try this recipe

Pulled Pork Sandwiches with Grapefruit-Avocado Salsa SERVES 8

Preheat the oven to 325°. In a large dutch oven, heat **2 tablespoons vegetable oil** over medium-high heat. Season a **5-pound pork shoulder roast** with **salt** and **pepper** and cook until browned on all sides, about 8 minutes. Add **4 crushed garlic cloves** and cook for 30 seconds. Stir in **1 cup each grapefruit juice and water** and **1 tablespoon grated grapefruit peel**; cover and transfer to the oven. Cook until fork-tender, about 2½ hours, then shred. In a medium bowl, combine the **segments of 2 grapefruits and their juice, 2 cups chopped red onion, 1 chopped avocado**, **% cup chopped cilantro** and **1 seeded and finely chopped habanero chile**; season with salt. Divide the pork and salsa among **8 hamburger buns**.



Find 50 of our favorite winter-fruit-inspired recipes at rachaelraymag .com/february.

taste test:

BEST ENGLISH BREAKFAST Choice Organic Teas Whole Leaf **English Breakfast Tea**

Full-bodied and fragrant, this brew conjures visions of high tea at Kensington Palace. The organic whole leaves deliver a honeyed aroma and an "excellent balance of malty and bright citrus flavors." All that's missing? Scones, jam and clotted cream. (\$6.49 for 15 tea bags, at most natural food stores)

BEST DECAF Stash Premium Decaffeinated Chocolate Hazelnut Tea

This smooth, mild tea is the ideal afterdinner drink. Infused with dreamy chocolate, vanilla and hazelnut flavors, it smells like a rich dessert. And because it's decaffeinated, it won't leave you tossing and turning all night. "With milk and sugar, it would taste just like a candy barbut in tea form!" one taster raved. (\$3.39 for 18 tea bags, at most grocery stores)

BEST EARL GREY Mighty Leaf Organic Earl Grey

Earl Grey (black tea flavored with bergamot citrus fruit oil) can sometimes taste bitter or astringent, but this brew is perfectly balanced. "It has a smoky orange flavor-mmm," one panelist cooed as she savored the complex, earthy blend. After taking a sip, another enthusiastic taster deemed it "pure perfection." (\$9.95 for 15 tea bags, at most grocery stores)

BEST HERB Bigelow Plantation Mint Tea

Since its introduction half a century ago, this blend has amassed a loyal following—and it won over our judges, too. Black tea adds depth (plus caffeine) to sweet, invigorating spearmint leaves. "This would be the ultimate morning pickme-up!" one taster exclaimed. Another noted that it'd be delicious served iced. (\$2.99 for 20 tea bags, at most grocery stores)

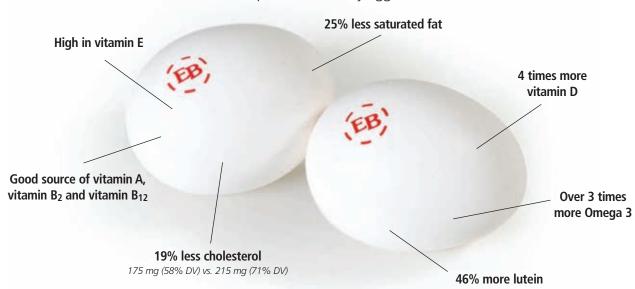
BEST SPICE Harney & Sons Hot Cinnamon Spice This warming, cinnamon-spiked

black tea is so naturally sweet that our tasters assumed we'd added honey before serving. Nope. Besides tea and cinnamon, the only ingredients in the top-selling blend are cloves and orange peel. "Yum—the perfect calorie-free fix for my sweet tooth!" one panelist gushed. (\$8 for 20 tea bags, at specialty grocery stores)



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Eggland's Best now provides even better nutrition for your family. Compared to ordinary eggs, EBs deliver even higher levels of important nutrients like vitamins A, D and E. Along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in quality and value for your family.

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Better taste. Better nutrition. Better eggs.





(And save some green while you're at it!)
You don't have to drop tons of cash to make eco-friendly choices at the supermarket. Here are

five ways to lessen your impact on the planet and keep money in your pocket—with savings benefits of up to \$3,000 a year! BY PAIGE GREENFIELD

	THE CHANGE	THE WHY AND HOW	THE PAYOFF
SEC. LEADY SAFETY AND THE SEC. SAFETY AND THE	Choose products that yield less waste.	One-third of household trash is packaging. When you shop bulk bins , you skip waste on goods like grains and spices. Also, try to cut back on processed foods , which produce 30 percent more waste than their homemade counterparts, says Kate Geagan, author of <i>Go Green, Get Lean.</i> "Swap individual bottles for mixes or family-size containers, and invest in a water filter," she adds. And seek out recyclable packaging—then make sure it actually ends up in the recycling bin.	Bulk-bin items cost 30 to 60 percent less than their packaged counterparts. And skipping single-serving beverages could save the average household up to \$850 a year.
LOCAL	Avoid imported produce.	Produce shipped from far-flung countries is three times more likely to harbor illness-causing bacteria like salmonella, and up to four times more likely to contain illegal levels of pesticides than domestic. Yikes! To track down domestic goods, look for the "COOL" (country of origin labeling) sticker. And keep an eye out for locally grown produce, which big retailers like Walmart and Wegmans are stocking now more than ever, says supermarket consultant Joe Hynes.	Seasonal produce typically costs about 50 percent less than out-of-season produce that's shipped in. Plus, local produce generally takes less time to get from farm to table—and is more nutritious, since key nutrients like vitamins B and C degrade rapidly after harvest.
	Make the most of your reusable shopping bags.	About 40 percent of shoppers bring their own shopping bags to the store. Take it to the next level by using them while you shop: Stand totes in your cart and place produce directly inside to eliminate disposable produce bags, Geagan suggests. Just place the produce on the scale at checkout. If you tend to forget your bags, jot a reminder on your shopping list or stash a few in your purse or glove compartment.	Shopping with reusable bags helps foster a green mind-set that could lead to more ecofriendly decisions while you shop, says cognitive science professor Art Markman. Plus, many stores offer cash back for bringing your own bag, and that adds up to about \$50 a year if you're committed.
	Use old- fashioned (and all-natural!) cleaning supplies.	Antibacterial items are more popular than ever—about 75 percent of liquid soaps now contain triclosan, which eventually ends up in our waterways and harms marine life. Instead of reaching for harsh cleaning products, use household items, suggests Annie B. Bond, author of Home Enlightenment. "Vinegar is highly acidic, so it kills germs—swap it in for a disinfectant," she says. "Sprinkle baking soda on a damp sponge as a substitute for soft scrub."	Crossing chemical cleaning products off your shopping list can save more than \$600 per year. You'll also be doing your part to reduce the likelihood of antibiotic resistance and protecting your family from strong fumes that can cause breathing problems.
	Shop less often.	Americans average five trips to the grocery store a month, and end up trashing about 14 percent of that food, says Elisabeth Leamy, author of Save Big. Cutting back by just one trip can slash impulse buys and reduce the amount of food and packaging that's trashed, Bond says. Instead of swinging by the supermarket on your way home, wait to shop until you have a list.	The fewer rotten bananas and stale cookies you toss, the more you save. If you get creative with what you've got in the pantry and keep waste to a bare minimum, you can save up to \$1,800 per year, Leamy says.



expert breakdown

SHOPPING FOR HEALTHIER JUICE

Juice labels are downright misleading, so we asked nutritionist Lauren Slayton of foodtrainers.net for tips on how to pick the good stuff. (Hint: Read the label on the back!)

DON'T BE SWAYED BY BUZZWORDS. Claims like "heart-healthy" or "antioxidant-rich" are regulated by the FDA—but that doesn't mean the juice isn't packed with sugar or other additives. Scan the nutritional panel to see how a product stacks up (pay close attention to calories and sugar).

MAKE SURE IT'S PURE. Steer clear of products with "natural flavors" (typically made with corn syrup), "concentrate" (highly processed juice that has more sugar than nutrients), artificial sweeteners and food coloring. If you want pure cranberry juice, the bottle should say "100 percent cranberry juice"—end of story.

BEWARE OF JUICE "COCKTAILS." Also avoid "light" juices and any that are described as a "drink" or "punch." These red flags usually indicate that a product has minimal fruit juice and lots of added sugar and artificial ingredients. PAISUA CASSEL



this just in...

date-night dinners

Who says a romantic dinner has to break the bank? Stay in and cozy up to one of these affordable, restaurant-quality frozen dinners for two.

BUITONI COMPLETE MEAL FOR TWO SHRIMP AND LOBSTER RAVIOLI WITH GARLIC BUTTER SAUCE

Ravioli stuffed with wild lobster, shrimp and ricotta cheese makes for one indulgent meal. (\$9.99, at grocery stores)



P.F. CHANG'S HOME MENU GENERAL CHANG'S CHICKEN

Crisp battered chicken gets tossed in a sweet chili sauce with broccoli and red bell pepper strips.

(\$8.99, at grocery stores)



BERTOLLI CLASSIC MEAL TUSCAN-STYLE BRAISED BEEF WITH GOLD POTATOES

Get slow-cooked results in a hurry with these melt-inyour-mouth beef chunks and potato halves.

(\$8.99, at grocery stores)



DEEP FOODS CHICKEN TIKKA MASALA COMPLETE DINNER FOR 2

Here are all the essentials of a traditional Indian feast—think crispy naan, samosas and creamy lentils.

(\$9.99, at Costco)



ROMANO'S MACARONI GRILL SPICY ITALIAN SAUSAGE POMODORO

Nothing says comfort like this hearty rigatoni dish loaded with spicy sausage, roasted red peppers and onions.

(\$7.99, at grocery stores)

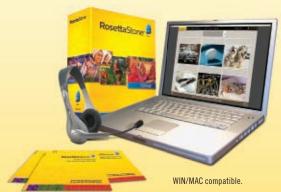




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SIX-MONTH NO-RISK MONEY-BACK GUARANTEE*



We'll be blunt: Dull knives won't do your food any favors. Whip blades back into shape with these foolproof tools.



(1)

the hand.

ANOLON UNIVERSAL SHARPENER

\$30 anolon.com
This three-step sharpener works quickly on even the dullest knife: In just 10 swipes (some models require twice that), we had our kitchenware back to where we wanted it. Its wider grip feels natural in

1 the

FISKARS ROLLSHARP KNIFE SHARPENER

(2)

\$12 fiskars.com
Meet the gateway knife
sharpener. Pleasantly
inexpensive, it's also
surprisingly goof-proof: The
plastic guides position your
knife blade for you, and a
safety guard protects your
hands while you work.

RACHAEL RAY'S OZITECH DIAMOND FINGERS

• (3)

\$20 rachaelraystore.com/ shopmag This compact, flip-style sharpener begs to be left

sharpener begs to be left next to the cutting board. Use its multiple settings to hone a worn edge or fully restore a dull knife. Rubber grips keep it in place, and wing clips shield your table or countertop from contact.

CHEF'S CHOICE ANGLESELECT

(4)

\$170 bedbathandbeyond.com
If you have the space (and
the pocket change), this
model gives you endless
options. The only electric
version we chose, it's
quiet and sharpens most
varieties, including specialty
knives like cleavers. We
found it comfy for both
right- and left-handers.

EDGEWARE DIAMOND ELITE

• (5)

\$30 edgewareproducts.com
This multipurpose tool
has rotating diamond
and ceramic sharpening
surfaces that are tough
to wear down and easy
to clean. You can use it
on Santoku and serrated
knives, as well as on classic
German chef's knives.

how to sharpen a knife Make the most of your new tool with these easy guidelines. —ALLYSON DICKMAN

1. Hold the sharpener with your nondominant hand against a steady surface. Wrap your dominant hand around the knife handle, with your forefinger running up the spine of the knife.

2. Starting at the knife's base, insert the blade into the sharpening slot. Applying light to moderate pressure, slide the knife from heel to tip (toward your body) through the slot.

3. Repeat pulls about eight to 20 times, until the knife's edge has returned. Test it on a firm tomato: The blade should be able to go through the skin without snagging or crushing the flesh.

USE YOUR SHARPENED KNIFE TO MAKE...

Be gourmet. The Classico Way.



Pesto Polenta Lasagna An exclusive Classico Recipe from allrecipes.com

1 (18 oz) package polenta, cut into 1/4 inch thick slices

1/2 (24 oz) jar Classico® Tomato & Basil pasta sauce

1/4 cup Classico Basil Pesto Sauce 1/4 cup pine nuts

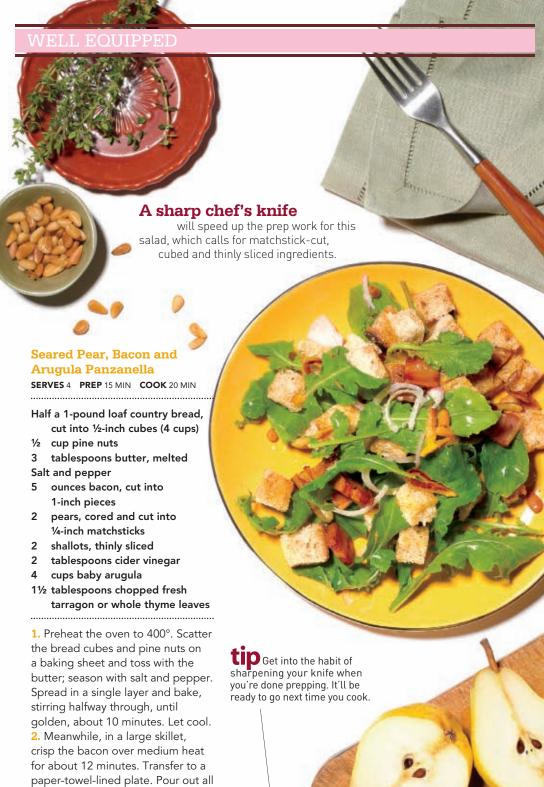
1 cup shredded mozzarella cheese

- 1. Preheat oven to 375 degrees. Oil an 11x7x2 inch baking dish.
- 2. Place a single layer of polenta in bottom of baking dish. Spread a thin layer of Classico Basil Pesto Sauce over the polenta. Spoon half of the Tomato & Basil pasta sauce over the polenta. Top with another layer of polenta and pasta sauce.
- 3. Bake, uncovered, for 25 minutes. Turn on the broiler. Top polenta with cheese and pine nuts, and broil until cheese browns and nuts are toasted.

Visit classico.com for more delicious recipes and coupons.



Submitted to allrecipes.com by member Fiffen.



- but 1½ teaspoons of the drippings and reserve in a bowl. Return the pan to medium-high heat.
- 3. Add the pears, season with salt and cook until just beginning to brown, 3 to 4 minutes. Transfer to a large bowl with the bread, pine nuts, bacon and shallots.
- 4. Whisk the vinegar into the reserved bacon drippings. Pour the dressing over the pear mixture, add the arugula and tarragon and toss.





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living light: Super Bowl Snacks

BY TRACEY SEAMAN | PHOTOGRAPHY BY CON POULOS

Hot Potatoes

SERVES 4 PREP 15 MIN COOK 45 MIN

- 7 small yellow-fleshed potatoes, such as yukon gold
- 1 cup broccoli florets
- 2 ounces monterey jack cheese, shredded
- 3 tablespoons reduced-fat plain yogurt
- 2 tablespoons finely chopped pickled jalapeño chile

Salt and pepper Olive oil cooking spray Chili powder, for sprinkling

- 1. Place the potatoes in a large saucepan with enough water to cover. Bring to a boil, lower the heat and simmer until fork-tender, about 25 minutes. Drain and let cool slightly.
- 2. Meanwhile, in a small saucepan of boiling water, cook the broccoli until crisp-tender, about 5 minutes; drain. Finely chop the broccoli and place in a medium bowl.
- 3. Slice 6 potatoes in half. Scoop out half of the flesh from each piece and add to the broccoli. Peel and finely chop the remaining potato and

add to the mixture. Add the cheese, 2 tablespoons yogurt and the jalapeño; mash coarsely and season with salt and pepper.

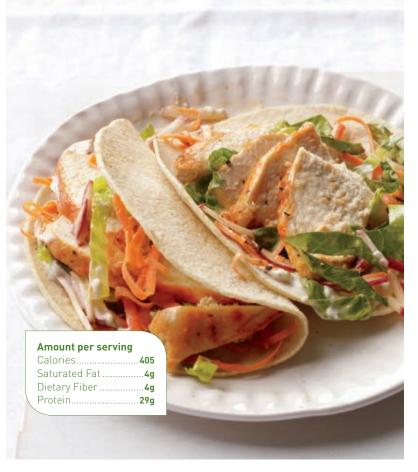
4. Preheat the oven to 425°. Arrange the potato halves cut side down on a baking sheet and lightly coat them with cooking spray; invert and season with salt and pepper. Divide the stuffing among the potato halves. Lightly coat with cooking spray and sprinkle with chili powder. Bake until golden, about 20 minutes. Garnish with the remaining 1 tablespoon yogurt and more chili powder.

WHAT'S IN IT FOR YOU

HOT POTATOES

- Potatoes are a super source of vitamin C.
- Broccoli adds heft to the stuffing, so these snacks are plenty filling.
- The jalapeño offers a savory-spicy punch that bumps up the flavor (so you can use less cheese).







Buffalo Chicken Tacos

SERVES 4 PREP 15 MIN COOK 15 MIN

Eight 6-inch soft corn tortillas 1 tablespoon extra-virgin olive oil

Two skinless, boneless chicken breasts (about 1 pound)

Salt and pepper

- 2 tablespoons hot sauce, such as Frank's RedHot
- ounces blue cheese
- tablespoons reduced-fat 3 mayonnaise
- 4 cups shredded green-leaf lettuce
- radishes, shredded 6
- carrots, shredded
- 1. Preheat the oven to 200°. Wrap the tortillas in foil and place in the oven.
- 2. In a nonstick skillet, heat the olive oil over medium heat. Season the chicken with salt and pepper and place in the pan; cover loosely with foil and cook, turning once, until golden and cooked through, about

12 minutes; transfer to a plate. Brush the chicken on both sides with the hot sauce and tent with foil to keep warm. 3. Meanwhile, using a food processor, blend the blue

- cheese, mayonnaise and 2 tablespoons water until smooth; transfer to a large bowl. Add the lettuce, radishes and carrots and toss to coat.
- 4. Thinly slice the chicken against the grain. Lay the tortillas on a work surface in a single layer. Divide the salad among them; top with the chicken and any juices.

WHAT'S IN IT FOR YOU

BUFFALO CHICKEN TACOS

- Spicy skinless chicken breasts taste like hot wings-without all
- A little blue cheese creates a lot of authentic "buffalo" flavor.
- Veggies provide satisfying crunch in place of deep-fried tortillas.

Meaty Portobello Chili

SERVES 6 PREP 15 MIN COOK 35 MIN

- portobello mushroom caps, gills discarded
- tablespoons extra-virgin olive oil

Salt and pepper

- large onion, chopped
- tablespoons chili powder
- teaspoons ground cumin
- pound ground bison meat or lean ground beef

One 14.5-ounce can crushed tomatoes

One 15-ounce can black beans, rinsed

One 15-ounce can chickpeas, rinsed

1. Using a box grater, coarsely shred the mushrooms. In a large, deep, heavy skillet, heat 1 tablespoon olive oil over medium heat. Add the mushrooms and cook, stirring occasionally, until browned, about 10 minutes. Season with salt and pepper; transfer to a plate.

- 2. Add the remaining 1 tablespoon olive oil and the onion to the skillet over medium heat and cook, stirring, until golden, about 5 minutes. Add the chili powder and cumin and cook, stirring, for 1 minute. Add the ground bison meat and cook, breaking up the meat, until no longer pink, about 3 minutes.
- 3. Stir the tomatoes, black beans and chickpeas into the chili. Partially cover and simmer until thickened, about 15 minutes.

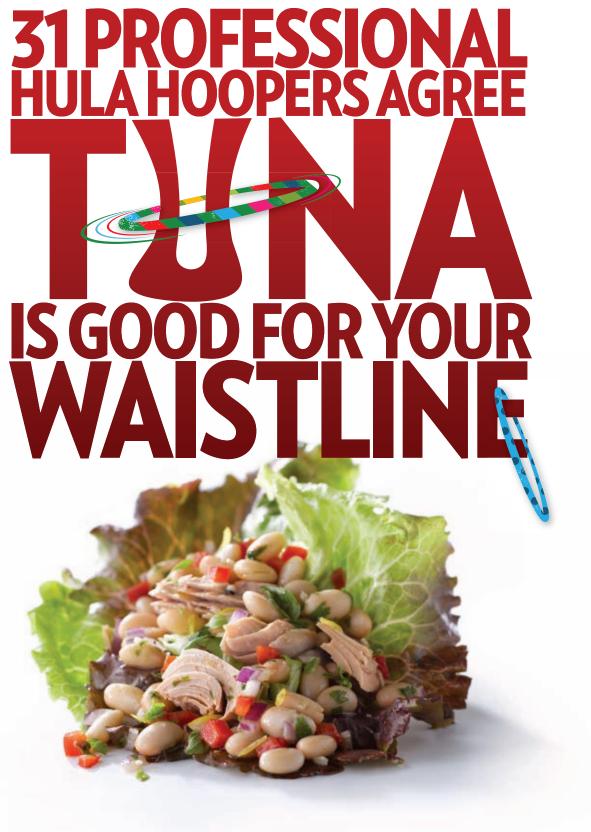
MEATY PORTOBELLO CHILI

- Portobello mushrooms, with their umami flavor, add richness but few calories
- Grass-fed bison meat is a good source of lean protein.
- · Beans are packed with cholesterol-lowering fiber.



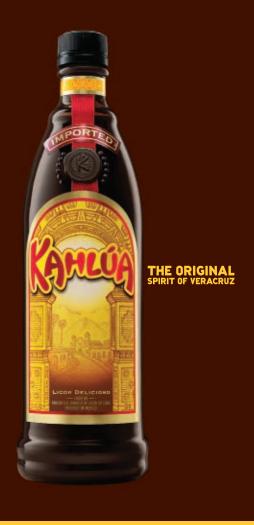
We've lightened up more recipes at rachaelraymag .com/february.

EVERY DAY WITH RACHAEL RAY



TUNATHEWONDERFISH COM

Tuna and White Bean Salad — Brought to you by The Tuna Council





Kahlúa Black Russian







Dinners for 10 Bucks (or Less)

BY STEFANIE MALONEY

Grilled Chicken-and-Roasted Tomato Salad

SERVES 4 PREP 15 MIN COOK 30 MIN

- 5 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon balsamic vinegar

Salt and pepper

One 15-ounce can cannellini beans, rinsed

- 4 plum tomatoes, halved lengthwise and seeds discarded
- 3 skinless, boneless chicken breasts (about 1¼ pounds)
- 1 bunch scallions, halved crosswise
- ²/₃ head green-leaf lettuce, torn
- 1. Preheat the oven to 450°. In a large bowl, whisk together 3 tablespoons olive oil, the lemon juice and balsamic vinegar; season

with salt and pepper. Stir in the cannellini beans.

- 2. Place the tomatoes cut side up on a parchment-lined baking sheet. Drizzle the tomatoes with 1 tablespoon olive oil, season with salt and pepper and bake until very soft, about 30 minutes.
- **3.** Meanwhile, preheat a grill pan over medium-high heat. Brush the chicken and scallions with the remaining 1 tablespoon olive oil, season with salt and grill, turning once, until the chicken is cooked through, about 8 minutes.
- **4.** Add the lettuce to the bean mixture and toss to coat. Divide the salad among 4 plates and top with the tomatoes and scallions. Thinly slice the chicken on the diagonal and divide among the plates.

THE RECEIPT

Extra-virgin olive oil	\$0.63
Lemon	\$0.45
Balsamic vinegar	\$0.08
Canned cannellini beans	\$1.15
Plum tomatoes	\$1.20
Chicken breasts	\$3.14
Scallions	\$0.79
Green-leaf lettuce	\$1.33

TOTAL: \$8.77

Salt and pepper are freebies.

\$2.19



THE SECRET IS SWANSON® 100% NATURAL CHICKEN BROTH

Find delicious recipes and cooking tips at \text{\text{\text{K}}} CampbellsKitchen.com/SwansonBroth

Ham, Ricotta and Fig Tart

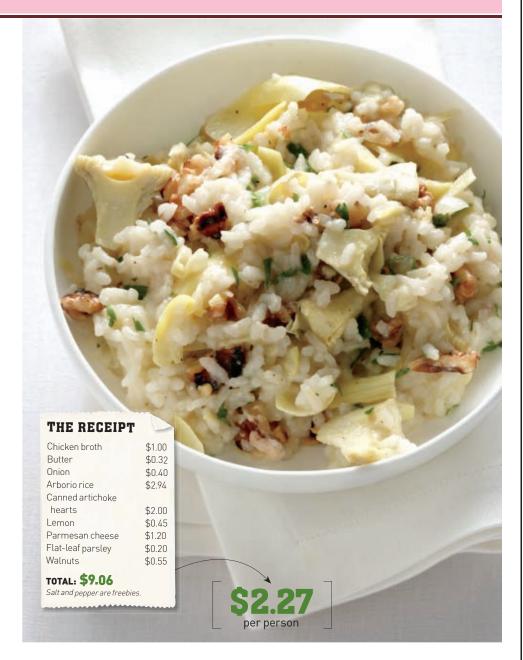
SERVES 4 PREP 30 MIN BAKE 30 MIN

- 3 ounces dried figs (about 4) Boiling water
- 3 tablespoons butter
- 2 onions, halved and thinly sliced
- 2 teaspoons fresh thyme, chopped
- 1 sheet puff pastry, thawed
- 2 eggs
- 1 cup ricotta cheese

Salt and pepper

- 1/4 pound sliced deli ham, coarsely chopped
- **1.** Preheat the oven to 400°. In a small bowl, cover the figs with boiling water and steep until softened, about 15 minutes; drain and finely chop.
- **2.** Meanwhile, in a large skillet, melt the butter over medium heat. Add the onions and thyme and cook, stirring occasionally, until softened and browned, about 15 minutes; let cool slightly.
- **3.** Arrange the puff pastry on a baking sheet. Using a fork, pierce a ¼-inch edge around the pastry. In a small bowl, beat together 1 egg and 2 teaspoons water. Brush the pastry with the egg wash; freeze until ready to use.
- **4.** In a medium bowl, whisk together the ricotta and remaining egg. Stir in the figs; season with salt and pepper.
- **5.** Spread the ricotta mixture on the puff pastry in an even layer, leaving a border. Top with the ham and onions. Bake until golden, about 20 minutes. Lower the heat to 350° and bake until the bottom of the puff pastry is golden, 5 to 10 minutes.





Lemon-Artichoke Risotto

SERVES 4 PREP 10 MIN COOK 30 MIN

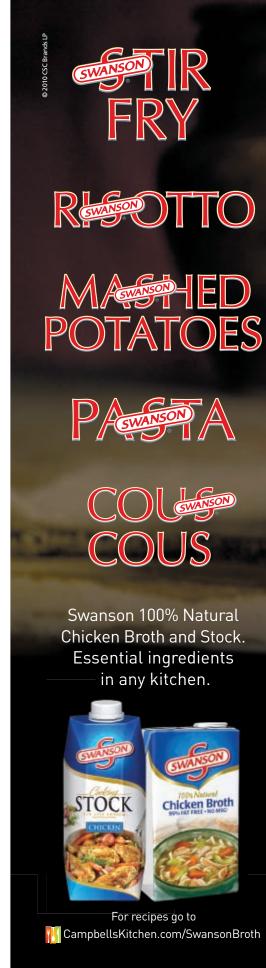
- 2 cups chicken broth
- 4 tablespoons butter
- 1 onion, finely chopped
- 2 cups arborio rice
- 1¼ cups drained chopped canned artichoke hearts

Grated peel of 1 lemon plus 2 teaspoons lemon juice

Salt and pepper

- ²/₃ cup grated parmesan cheese
- ⅓ cup chopped flat-leaf parsley
- 1/3 cup walnuts, toasted and chopped
- **1.** In a saucepan, bring the broth and 4 cups water to a boil, cover and keep at a simmer.

- **2.** In a large saucepan, melt 2 tablespoons butter over medium heat. Add the onion and cook, stirring, until softened, about 5 minutes. Add the rice and stir until lightly toasted, about 2 minutes.
- 3. Stir in 1 cup of the broth mixture, bring to a simmer and cook, stirring, until the liquid is absorbed, 2 to 3 minutes. Maintaining a low simmer, continue to add the broth mixture, ½ cup at a time, stirring frequently and allowing the rice to absorb the liquid. Cook until the rice is tender, about 20 minutes.
- **4.** In the last 3 minutes of cooking, add the artichoke hearts, lemon peel, lemon juice and the remaining 2 tablespoons butter; season with salt and pepper. Stir in the cheese, parsley and walnuts.







Tropical Sweet Potato Rice and Lamb

SERVES 4 PREP 15 MIN COOK 50 MIN

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1½ tablespoons curry powder Salt and pepper

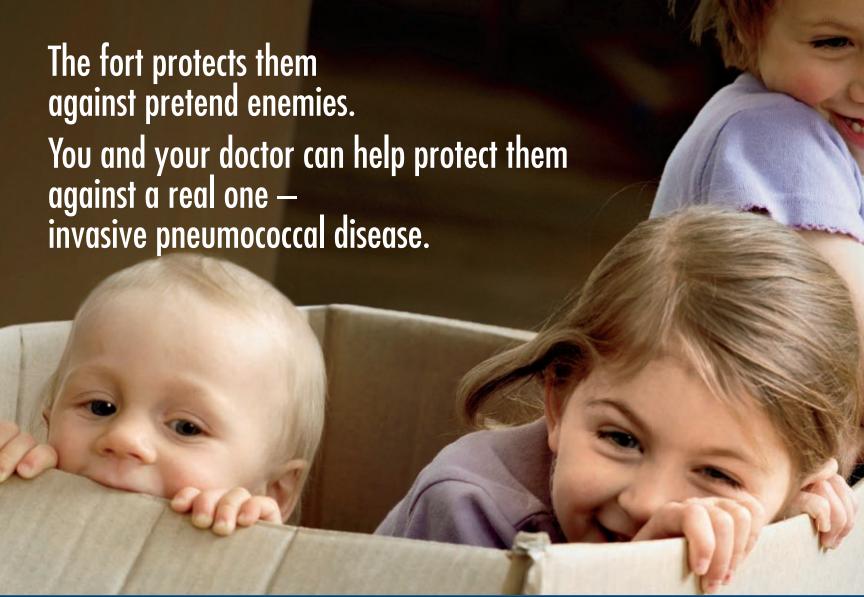
- 1/2 pound bone-in lamb shoulder chops, bones discarded and meat chopped
- 3 tablespoons butter
- 1 onion, halved and thinly sliced
- 1⅓ cups basmati rice
- 2 large sweet potatoes, peeled and cut into ½-inch cubes
- One 13.5-ounce can unsweetened coconut milk
- 1½ cups drained canned papaya
- 2 tablespoons chopped fresh cilantro
- 1. In a medium bowl, combine the curry powder and ½ teaspoon salt. Add the lamb and toss to coat. In a large saucepan, melt 2 tablespoons butter over medium-high heat. Add the onion, lamb and any remaining seasoning mixture to the pot and cook, stirring occasionally, until the lamb is browned, about 5 minutes. Stir in 1½ cups water, scraping up any browned bits. Bring to a boil, cover, lower the heat to mediumlow and cook until the lamb is tender and the sauce is thickened, about 45 minutes.
- 2. Meanwhile, in a medium saucepan, melt the remaining 1 tablespoon butter over mediumhigh heat. Stir in the rice and cook until lightly toasted, about 2 minutes. Add 2 cups water, bring to a boil, cover, lower the heat and simmer until tender, about 20 minutes.
- 3. In a large saucepan, combine the sweet potatoes with enough salted water to cover, then bring to a boil and cook until tender, 5 to 10 minutes; drain.
- **4.** Add the sweet potatoes, coconut milk and papaya to the lamb mixture and cook until heated through. Stir in the cilantro and serve over the rice.

Pork with Rosemary Lentils and Braised Onions

SERVES 4 PREP 10 MIN COOK 1 HR

Four ½-inch bone-in pork loin chops (about 12/3 pounds)

- 7 cloves garlic, coarsely chopped
- 6 tablespoons extra-virgin olive oil
- 2 onions, halved and sliced
- 3 tablespoons balsamic vinegarSalt and pepper
- 1 cup lentils, rinsed
- 2 teaspoons chopped fresh rosemary
- 1. Preheat the oven to 425°. In a resealable plastic bag, rub the pork chops with two-thirds of the garlic and 2 tablespoons olive oil; refrigerate. In a glass baking dish, combine the onions, vinegar, 2 tablespoons olive oil and ½ cup water. Cover and bake until the liquid is almost completely reduced, about 50 minutes; season with salt and pepper.
- 2. Meanwhile, in a medium saucepan, combine 2 cups water, the lentils, rosemary and remaining garlic. Bring to a boil, then lower the heat and simmer until the lentils are tender and the liquid is absorbed, about 25 minutes. Stir in 1 tablespoon olive oil; season with salt and pepper.
- 3. In a large skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the pork chops and cook, turning once, until golden and just cooked through, about 8 minutes; season with salt and pepper. Serve the pork chops on a bed of lentils, topped with the onions.



IMPORTANT VACCINE INFORMATION FOR ALL CHILDREN UP TO AGE 5:

Certain strains of bacteria that can cause serious invasive pneumococcal disease are being seen more frequently than before. There's a vaccine to help protect against them. The doctors at the Centers for Disease Control (CDC) have recommended that children 15 months to 5 years of age who've had a full 4-dose series of pneumococcal conjugate vaccine should also get a dose of Prevnar 13® to cover against 6 more strains.*

*The immune response from this schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13®. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13®

- Prevnar 13[®] is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday)
- Prevnar 13[®] is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F)

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13®

- Prevnar 13[®] should not be given to anyone with a severe allergic reaction to any component
 of Prevnar 13[®], Prevnar[®] (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇
 Protein]), or any diphtheria toxoid—containing vaccine
- Prevnar 13[®] may not protect all individuals receiving the vaccine
- Children with weakened immune systems may have a reduced immune response to Prevnar 13[®]
- A temporary pause of breathing following vaccination has been observed in some infants born prematurely

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13® (continued)

- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13® and Prevnar®, respectively
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider. Only a health care provider can decide if Prevnar 13[®] is right for your child

You are encouraged to report negative side effects of vaccines to the FDA and Centers for Disease Control (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13® on the following page.

Prevnar 13*
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM₁₉₇ Protein)

FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATI

IMPORTANT FACTS



Prev • nar 13

ABOUT PREVNAR 13®

- Prevnar 13[®] is a vaccine which helps protect against 13 strains of Streptococcus pneumoniae (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13[®] may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus* pneumoniae strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13[®] may not protect all individuals receiving the vaccine.
- Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13[®] does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness, or who have weakened immune systems.

BEFORE STARTING PREVNAR 13®

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13[®].

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13[®]?

- Prevnar 13[®] is recommended for children 6 weeks through 5 years of age.
- Prevnar 13® is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- Transition schedule: Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Prevnar 13[®].
- Catch-up schedule: Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13[®] to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13[®]. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 138?

- Children under 6 weeks of age and over 6 years
- Children who have had a serious allergic reaction to any component of Prevnar 13[®], Prevnar[®], or any diphtheria toxoid-containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13®

Prevnar 13[®] may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

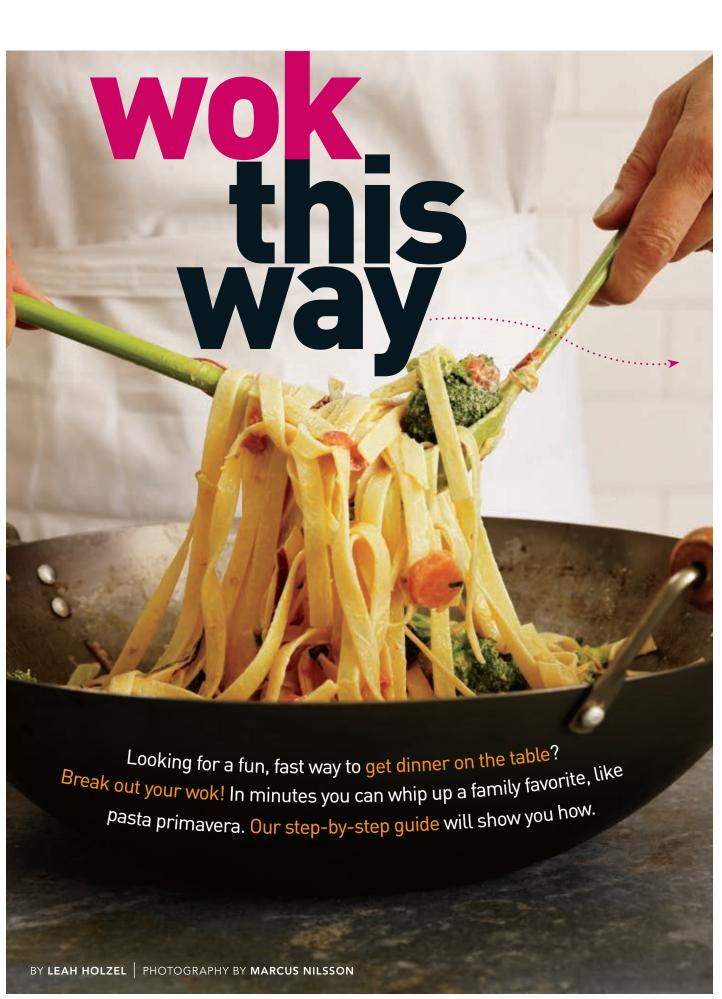
The most common side effects of Prevnar 13® are:

- Redness, swelling and tenderness at the injection site
- Fever Decreased appetite Irritability
- Increased sleep Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13[®]. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to www.prevnar13.com or call 1-800-666-7248.



6 steps to a supereasy



Preheat the wok before adding oil.

You'll know it's hot enough when a bead of water evaporates within seconds of contact. Drizzle the oil down the side of the hot wok, swirling to coat the entire surface.



Group and add vegetables in categories, from longest to shortest cook time, as follows: hard veggies such as broccoli, carrots and potatoes; medium-hard such as

zucchini, mushrooms and bell peppers; and soft/leafy such as leafy greens and tomatoes.





Use the stir-fry action: Quickly and constantly slide a spatula between the food and the wok, tumbling the food over on itself.

stir-fry



Push the aromatics aside and add protein—such as meat, poultry and
seafood—in a single layer, then don't touch
for a minute while it sears. Stir-fry until
about three-quarters cooked, then transfer
to a plate, along with the aromatics.



Return the protein and aromatics to the wok and swirl liquid ingredients

(broth, wine, soy sauce or coconut milk, to name a few) down the side of the wok to deglaze the pan and intensify the flavor.

tips from our advisor: GRACE YOUNG

author of Stir-Frying to the Sky's Edge and other cookbooks



When we heard that Young travels with her own wok, we didn't know what to expect on the day she stopped by the *Every Day* test kitchen to demonstrate her stirfrying technique. Turns out she can break down the process into a few basic steps and a handful of priceless tips.

- >> Use **peanut** or **canola oil**: Because of their high smoke points, they can take the heat without burning.
- >> Cut ingredients into uniform-size pieces for even cooking.
- >> Give hard veggies such as carrots, broccoli and potatoes a head start by **blanching** them before stir-frying.
- >> Slice meat and poultry thinly across the grain for tenderness.

- >> **Dry** vegetables, shrimp and scallops well before adding to the wok or they'll steam instead of sear.
- >> Listen for the hallmark sizzling sound as you stir-fry—this lets you know the wok is hot enough.
- >> Use a wide metal pancake turner or a stir-fry spatula with sides to facilitate the stir-fry motion.
- >> After cooking, wash your wok with hot water and a soft sponge—and an optional *drop* of soap.

the wok you want

SIZE 14 inches, so there's plenty of room for ingredients.

SHAPE Flat-bottomed, to maximize the surface area that touches the burner (this is especially helpful if your stove is less than powerful).

MATERIAL Carbon steel, which conducts heat efficiently and, once seasoned, has a naturally nonstick surface.



In a pinch, swap in a 12-inch heavy-duty stainless steel skillet and cook with a touch more oil.

Delicious new ways to say, "Introducing Weight Watchers" rich and flavorful che an entire line of sensible, better-for-you products. And

Introducing Weight Watchers® rich and flavorful cheeses. It's an entire line of sensible, better-for-you products. And, yes, you can enjoy them in these recipes—and all your favorites, too.



Creamy Raspberry Fruit Dip

Hands-On Prep: 5 minutes Makes: 12 servings Serving Size: 2 tbsp

- 8 oz bar Weight Watchers® Reduced Fat Cream Cheese Spread, (room temperature)
- 1/4 cup marshmallow fluff
- tbsp. sugar-free seedless raspberry preserves
- 1. Combine all ingredients. Blend thoroughly.
- 2. Serve with fresh fruit.

Per serving: 30 Calories, 2g Fat, 3g Carbohydrates, less than 1g Protein, 1g Fiber



Eggs Florentine

Hands-On Prep: 5 minutes Cook: 15 minutes Makes: 2 servings

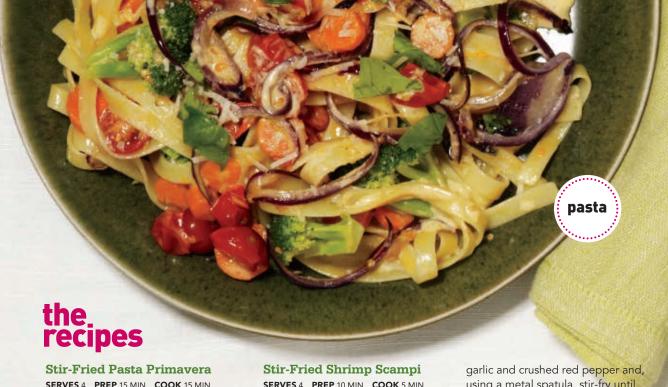
- large egg whites
- teaspoon water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon red onion, finely minced
- cup packed baby spinach leaves
- slices Weight Watchers® Cheese Singles
- Weight Watchers® Wheat English Muffin, split and toasted
- 1. Combine egg whites, water, salt, and pepper in a small bowl and set aside. Do not whisk or beat egg whites.
- 2. Heat a medium nonstick sauté pan over medium-high heat and lightly coat with nonstick spray. Add red onion and sauté until soft, 1-2 minutes. Stir in spinach and continue cooking until spinach wilts, 1-2 minutes. Add egg-white mixture and cook until egg whites are opaque, about 3 minutes; using a large spatula, flip over and cook until other side is done, 1-2 minutes. Push eggs and vegetables with spatula to middle of pan and turn off heat. Place Weight Watchers Cheese Singles over eggs until melted, 1-2 minutes. Using spatula, divide and scoop equal amounts egg-and-vegetable mixture onto each English muffin half.

Per serving (1/2 muffin): 140 Calories, 3g Fat, 15g Carbohydrates, 15g Protein, 5g Fiber



Text WWCHEESE to 30364 to receive smart tips and healthy recipes from Weight Watchers® Cheese—delivered straight to your mobile phone for an entire month. (Carrier message and data rates apply.)





SERVES 4 PREP 15 MIN COOK 15 MIN

- cups broccoli florets
- 12 ounces fettuccine pasta
- tablespoons vegetable oil
- red onion, halved lengthwise and sliced 1/4 inch thick
- 4 carrots, sliced 1/4 inch thick
- cup cherry tomatoes, halved Salt and pepper
- cup heavy cream
- cup grated parmesan cheese
- cup chopped fresh basil
- 1. In a large pot of boiling, salted water, cook the broccoli until bright green, about 30 seconds. Transfer to a colander, reserving the water in the pot. Add the pasta to the pot and cook until al dente; drain, reserving 1/4 cup of the pasta cooking water. 2. Meanwhile, heat a 14-inch, flatbottomed wok over high heat until a bead of water vaporizes upon contact. Swirl in 1 tablespoon oil. Add the onion and, using a metal spatula, stir-fry until it is fragrant, about 1 minute.
- 3. Swirl in the remaining 1 tablespoon oil. Add the broccoli and carrots and stir-fry until the carrots begin to wilt, about 2 minutes. Add the tomatoes, season with salt and pepper and stir-fry for 1 minute. Swirl in the cream, bring to a boil and remove from the heat. Stir in the parmesan and basil.
- 4. Add the pasta and the reserved cooking water to the wok and toss to coat; season with salt and pepper.

SERVES 4 PREP 10 MIN COOK 5 MIN

- tablespoons vegetable oil
- tablespoons finely chopped garlic
- ½ teaspoon crushed red pepper
- pound large shrimp—peeled, deveined and patted dry
- zucchini, sliced crosswise 1/4 inch thick
- tablespoon capers, rinsed Salt and black pepper
- tablespoons dry white wine

1. Heat a 14-inch, flat-bottomed wok over high heat until a bead of water vaporizes upon contact. Swirl in 1 tablespoon oil. Add the using a metal spatula, stir-fry until fragrant, about 10 seconds. Push the mixture to the side of the wok. 2. Add the shrimp and spread them in a single layer. Cook undisturbed for 1 minute.

3. Swirl in the remaining 1 tablespoon oil. Add the zucchini and stir-fry until the shrimp begin to turn pink and the zucchini is bright green, about 1 minute. Add the capers, 1/2 teaspoon salt and 1/4 teaspoon black pepper. Swirl in the wine and stir-fry until it has nearly evaporated and the shrimp are just cooked through, about 1 minute.





Stir-Fried Chicken Paprikash SERVES 4 PREP 15 MIN COOK 5 MIN

- 1 pound skinless, boneless chicken breast, sliced across the grain ¼ inch thick
- 2 tablespoons dry sherry
- 1 tablespoon finely chopped garlic
- 2½ teaspoons cornstarch

Salt and pepper

- 2 tablespoons plus 2 teaspoons vegetable oil
- 3/4 cup chicken broth
- 1 onion, sliced ¼ inch thick
- 1 red bell pepper, cut into ¼-inchwide strips
- 1 tablespoon sweet paprika
- 1/₃ cup sour cream
- 3 tablespoons chopped flat-leaf parsley
- 1. In a medium bowl, combine the chicken, 1 tablespoon sherry, the garlic, 2 teaspoons cornstarch, ½ teaspoon salt and ¼ teaspoon pepper. Stir in 2 teaspoons oil.

- 2. In a small bowl, combine the chicken broth and the remaining 1 tablespoon sherry. Stir in the remaining ½ teaspoon cornstarch until dissolved.
- 3. Heat a 14-inch, flat-bottomed wok over high heat until a bead of water vaporizes upon contact. Swirl in 1 tablespoon oil. Add the chicken mixture, spread in a single layer and cook undisturbed for 1 minute. Using a metal spatula, stir-fry until the chicken begins to brown, about 1 minute; transfer to a plate.
- 4. Lower the heat to medium and swirl in the remaining 1 tablespoon oil. Add the onion and bell pepper; season with salt and stir-fry until softened, about 1 minute. Add the paprika, return the chicken and any juices to the wok, increase the heat to high and stir-fry until just combined. Swirl in the broth mixture and stir-fry until the chicken is just cooked through, 1 to 2 minutes. Stir in the sour cream and parsley.

break in your wok (so food won't stick!)

To break in a new wok, start by "seasoning" it, a process of cooking on a protective coating of oil (as you would treat a castiron skillet) so that the surface is naturally nonstick and resistant to rust. Grace Young taught us her easy, flavorful technique, which also happens to be a traditional Chinese method.



Scrub the wok with steel wool, hot water and soap to remove the factory coating. Dry thoroughly.



Preheat the wok over high heat; add 3 tablespoons vegetable oil, ½ cup sliced fresh ginger and 1 bunch scallions, cut into 2-inch pieces. Stir-fry over medium heat, pressing the oily aromatics over the entire surface for 15 minutes.



Rinse the wok with hot water and wipe with a soft sponge. Dry with a terrycloth towel or place the rinsed wok on the stovetop over low heat until thoroughly dried.



For even more stir-fry recipes, visit rachaelraymag .com/february.







Lazy Salmon Supper

Italian-Style Croque Madames

Mushroom-and-Marsala Pappardelle

Asian Chicken Noodle Soup

Smoky Poblano-and-Portobello Tacos

Lazy Jerky Turkey Chili

Lazy Baked Greek Chicken

Lazy Bolognese-Style Lasagna

Grilled Chicken-and-Bacon Mac 'n' Cheese

Bloody Mary Vegetable Stew Lazy Salmon Supper

In a medium saucepan, bring the chicken stock, scallions, garlic and butter to a boil. Stir in the couscous

Check out my meat-free dishes this

month, or try my easiest meals ever (the ones I've labeled "lazy"). It's a cinch to

whip up great comfort food like chicken, lasagna, chili and more! BY RACHAEL RAY



web

Get Rachael's 30-Minute Meals and other quick, easy recipes at rachaelraymag.com/30.





Asian Chicken Noodle Soup SERVES 4

Salt

- 1/2 pound egg tagliatelle pasta or thin spaghetti
- 2 pieces skin-on, bone-in chicken breast
- 4 ribs organic celery, 2 cut into large pieces and 2 thinly sliced on an angle
- 1 carrot, peeled and thickly sliced
- 1 medium onion, quartered
- 1 large fresh bay leaf
- 2 cups chicken stock
- 2 tablespoons vegetable oil
- bunch scallions, thinly sliced on an angle
- 4 cloves garlic, thinly sliced
- 1 fresno chile pepper, thinly sliced One 1-inch piece fresh ginger, grated
- 2 tablespoons tamari or low-sodium soy sauce
- 4 wedges lime

A handful cilantro, chopped

Bring a pot of water to a boil, salt it, add the pasta and cook for 1 minute less than the instructions indicate. Drain and return to the pot.

Meanwhile, place the chicken, large celery pieces, carrot, onion and bay leaf in a pot. Cover with 1½ to 2 quarts water, bring to a boil and let poach for 12 minutes. Remove the chicken, discard the skin and let cool enough to handle. Shred or dice the meat and discard the bones. Strain the poaching liquid into a large measuring cup and add the store-bought chicken stock. (Using the quick-poach liquid alone makes for too thin a flavor, but adding it to store-bought stock works out nicely and stretches a buck.)

Heat the oil in a dutch oven or medium soup pot over medium-high heat. Add the thinly sliced celery, scallions, garlic, chile pepper and the ginger and stir for a couple of minutes. Add the chicken stock mixture and tamari (or soy sauce).

Divide the noodles and shredded chicken among 4 soup bowls. Top with the soup and garnish with the lime wedges and cilantro.

Smoky Poblano-and-Portobello Tacos

SERVES 4

- 4 large poblano chile peppers
- 3 tablespoons vegetable oil
- 3 medium portobello mushroom caps, sliced
- 4 baby yukon gold potatoes, halved and very thinly sliced into half-moons
- 1 large red onion, halved and thinly sliced
- 4 cloves garlic, thinly sliced
- 1½ teaspoons ground cumin (about ½ palmful)
- 1 teaspoon dried oregano (about ½ palmful)

Salt and pepper

- 1 cup beer, such as Negra Modelo
- 12 corn tortillas, charred over a burner or in a dry skillet, then wrapped in foil or placed in a kitchen towel
- 2 cups shredded extra-sharp smoked cheddar or extra-sharp cheddar cheese

Lime wedges, fresh cilantro and sour cream, for serving

Char the poblanos on a grill or under the broiler until blackened all over. Place the charred poblanos in a bowl and cover until cool enough to handle. Wipe off the charred skins; seed and thinly slice.

In a large skillet, heat the oil over medium-high to high heat. Add the mushrooms and cook until darkened and softened, 7 to 8 minutes. Add the potatoes, onion, garlic, cumin, oregano, salt and pepper and cook for 10 minutes longer. Deglaze the pan with the beer and stir in the poblanos.

Spoon one-quarter of the filling onto 3 corn tortillas. Repeat for 3 more servings. Sprinkle the cheese on top. Squeeze the juice of the lime wedges over each portion and top with the cilantro and sour cream.









SERVES 4

- tablespoons EVOO (extra-virgin olive oil)
- medium onion, finely chopped
- 3 large cloves garlic, finely chopped One 10-ounce box organic chopped

spinach, thawed Salt and pepper

Freshly grated nutmeg, to taste

- tablespoons butter
- cup panko breadcrumbs

- (about 1/3 palmful)
- pieces skinless, boneless chicken breast
- cup crumbled greek feta cheese

Preheat the oven to 425°. Heat 1 tablespoon EVOO, 1 turn of the pan, in a small skillet over medium heat. Add the onion and two-thirds of the garlic and cook until softened, 3 to 4 minutes. Transfer to a bowl to cool, then add the spinach and season with salt, pepper

pan, turn off the heat and add the panko, oregano and remaining garlic; toss.

Drizzle a baking dish with the remaining 1 tablespoon EVOO. Split each chicken breast across (but not all the way through) and open like a book. Stuff with the spinach and feta, letting the stuffing overflow at the edges. Place the chicken pieces in the baking dish and top with the breadcrumbs. Bake until the juices run clear, about 20 minutes.



Salt and pepper

- pound wavy lasagna noodles, broken into irregular pieces
- tablespoons EVOO (extra-virgin olive oil)
- 11/2 pounds ground beef
- onion, finely chopped
- 2 to 3 large cloves garlic, finely chopped
- small carrot, finely chopped or grated
- sprig rosemary, finely chopped

A sprinkle ground cloves

- cup tomato paste
- cup white wine
- cups beef stock
- tablespoons butter
- rounded tablespoons flour
- cups whole milk

Freshly grated nutmeg, to taste Freshly grated parmigiano-reggiano cheese

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente.

In a dutch oven, heat the EVOO, 2 turns of the pan, over medium-high heat. Add the beef and brown well. Add the onion, garlic, carrot, rosemary, cloves and lots of salt and pepper and cook until tender, 7 to 8 minutes. Stir in the tomato paste for 1 minute, then stir in the wine for 1 minute. Stir in the stock and simmer for a few minutes longer.

Preheat the broiler and position a rack in the center of the oven. In a saucepan, melt the butter over medium heat. Whisk in the flour, then the milk, and let thicken enough to coat a spoon; season with salt, pepper and nutmeg.

Toss the pasta with the meat sauce and arrange in a casserole. Pour the béchamel sauce over the top in an even layer. Top with a layer of parmigiano-reggiano and broil in the oven to brown the top.



Grilled Chicken-and-Bacon Mac 'n' Cheese

SERVES 4 TO 6

6 slices good-quality smoky bacon, such as applewood-smoked

Salt and pepper

- 1 pound whole wheat short-cut pasta
- 2 pieces skinless, boneless chicken breast, lightly pounded

EV00 (extra-virgin olive oil), for drizzling

- 1/2 teaspoon sweet smoked paprika
- 4 tablespoons butter
- large onion, quartered lengthwise and very thinly sliced
- 2 rounded tablespoons flour
- 1/2 cup cloudy apple cider or chicken stock
- 2 cups whole milk
- 2 tablespoons chopped fresh thyme

Freshly grated nutmeg, to taste

- 1½ cups shredded extra-sharp white cheddar cheese
- 1 cup shredded gruyère cheese Chopped flat-leaf parsley or celery greens, for garnish

Preheat the oven to 375°. Arrange the bacon on a slotted broiler pan or on a rack placed over a baking sheet and bake until crisp, about 15 minutes. Chop and reserve. Switch on the broiler and position the rack in the center of the oven.

Bring a pot of water to a boil, salt it, add the pasta and cook 1 minute less than the instructions indicate, or until just shy of al dente. Drain and return to the pot.

While the pasta is working, heat a grill pan or cast-iron griddle over mediumhigh heat. Drizzle the chicken with EV00 to coat lightly, then season evenly with the paprika, salt and pepper. Grill the chicken for about 10 minutes, turning occasionally. Transfer to a cutting board and halve the pieces lengthwise, then thinly slice crosswise.

While the chicken cooks, melt the butter in a medium saucepan over medium heat. Add the onion and cook until light golden and very soft, 15 to 20 minutes. Sprinkle in the flour and stir for 1 minute. Whisk in the cider (or stock), then the milk. Bring to a boil and cook, whisking, until the sauce coats the back of a spoon, 3 to 4 minutes. Add the thyme and season with salt, pepper and nutmeg. Stir in the cheeses until melted.

Add the chicken, bacon and sauce to the pasta and transfer to a casserole. Broil until bubbling and browned, about 5 minutes. Garnish with the parsley (or celery greens).

Bloody Mary Vegetable Stew

SERVES 4

- 2 tablespoons EV00 (extra-virgin olive oil)
- baby yukon gold potatoes, very thinly sliced
- 6 ribs organic celery stalks and leafy tops, thinly sliced on an angle
- 1 onion, chopped
- 4 cloves garlic, thinly sliced
- fresno or holland chile pepper, thinly sliced

Salt and coarse black pepper

- 1/4 cup tomato paste
- 2 tablespoons worcestershire sauce
- 1/2 cup vodka

One 28-ounce can crushed or diced fire-roasted tomatoes

One 32-ounce container (4 cups) chicken or vegetable stock

1 tablespoon prepared horseradish

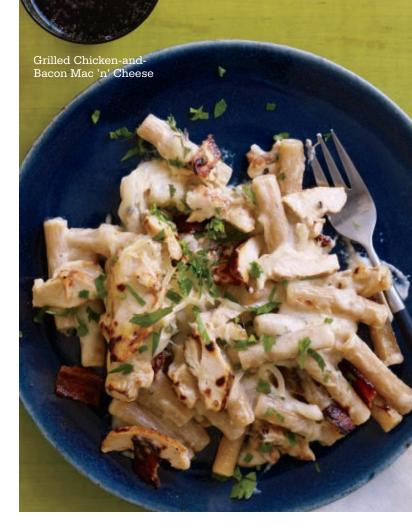
Juice of 1/2 lemon

A handful flat-leaf parsley or cilantro, chopped

Crusty baguette, hot sauce and extra EV00 to pass around the table

In a large dutch oven or soup pot, heat 2 tablespoons EVOO, 2 turns of the pan, over medium-high heat. Add the potatoes, celery, onion, garlic and chile pepper as you chop them and season liberally with salt and coarse black pepper. Cook, stirring, until softened, 6 to 7 minutes. Stir in the tomato paste and worcestershire until fragrant, about 1 minute. Deglaze the pan with the vodka.

Stir in the tomatoes and chicken (or vegetable) stock and simmer to thicken, 10 to 12 minutes. Finish the stew with the horseradish and lemon juice; garnish with the parsley (or cilantro). Pass the bread at the table and the hot sauce and EVOO for drizzling.







Vanilla Ice Cream Parfaits with Coconut Oats and Pecans

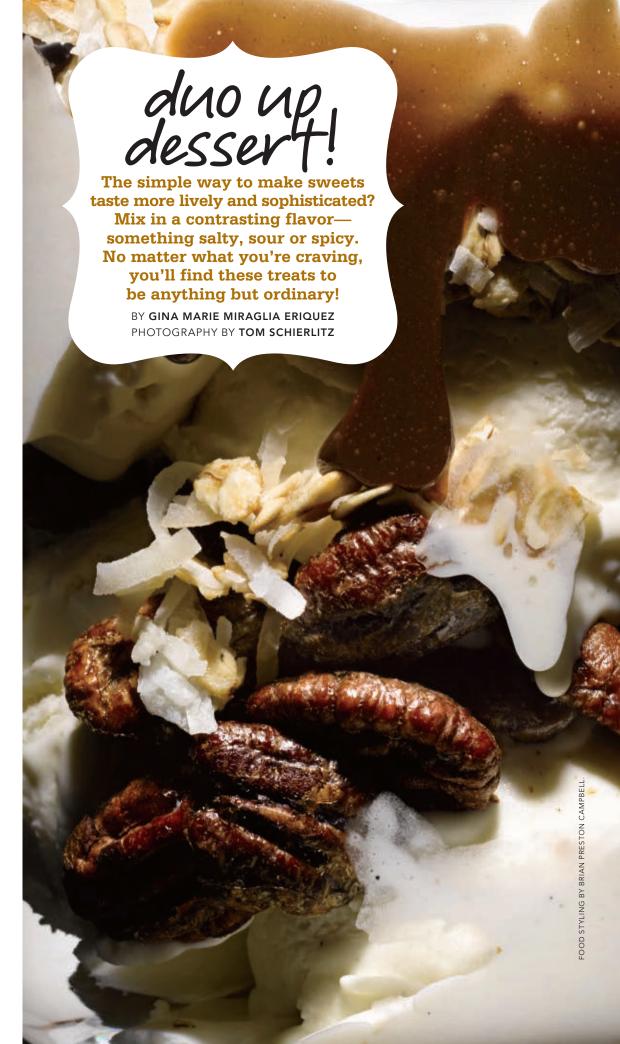
MAKES 6

PREP 20 MIN (PLUS CHILLING AND FREEZING) **COOK** 30 MIN

- 1 vanilla bean, split lengthwise
- 3⅓ cups heavy cream
- 1¼ cups sugar
- 1 cup whole milk
- 1 teaspoon salt
- 3 eggs plus 1 egg white
- ½ cup rolled oats
- ½ cup shredded coconut
- 1 cup pecans

One 4.4-ounce bar milk chocolate, chopped

- 3 tablespoons corn syrup
- 2 tablespoons brown sugar
- tablespoon unsweetened cocoa powder
- ½ teaspoon pure vanilla extract
- 1. Scrape the vanilla bean seeds into a saucepan. Stir in the pod, 3 cups cream, the sugar, milk and ¼ teaspoon salt. Bring to a boil, stirring, until the sugar dissolves.
- 2. In a bowl, beat the 3 eggs. Whisk in the cream mixture; pour into the saucepan. Cook over low heat, stirring, until a candy thermometer registers 170°. Strain into a bowl to cool. Press wax paper onto the surface and refrigerate for 3 hours. Transfer to an ice cream maker and process according to manufacturer's instructions; freeze for 4 hours.
- 3. Preheat the oven to 350°. In a bowl, combine the oats and coconut; place the pecans in another bowl. Whisk together the egg white and ½ teaspoon salt, then divide between the oat mixture and the pecans, stirring to coat. Without combining, transfer the mixtures to a parchment-lined baking sheet. Bake until the coconut is golden, stirring halfway through, about 15 minutes; let cool.
- 4. In a saucepan, bring the chocolate, the remaining ½ cup cream, the corn syrup, brown sugar, cocoa and remaining ¼ teaspoon salt to a boil. Simmer, stirring, until thickened, 2 minutes; stir in the vanilla extract.
- **5.** Place 2 scoops of ice cream in each of 6 parfait glasses; layer with the pecans, coconut oats, more ice cream and the fudge sauce.







Peanut Butter Pretzel Tart with Caramel Drizzle

SERVES 8

PREP 40 MIN (PLUS CHILLING) BAKE 20 MIN

- 2 cups broken salted pretzel sticks
- ½ cup brown sugar
- 3/4 teaspoon salt
- stick (4 ounces) plus 3 tablespoons unsalted butter—6 tablespoons melted and cooled, 3 tablespoons softened and 2 tablespoons chilled
- ounces cream cheese, softened
- ½ cup peanut butter
- 11/4 cups heavy cream, chilled
- 1 teaspoon pure vanilla extract
- ½ cup granulated sugar
- 1. Preheat the oven to 350°. Using a food processor, finely grind the pretzels, ¼ cup brown sugar and 1/8 teaspoon salt. Transfer to a bowl, then stir in the melted butter. Press evenly over the bottom and up the sides of a 9-inch tart pan with a removable bottom. Bake until light brown around the edges, about 18 minutes. Let cool on a rack. 2. Using an electric mixer, beat the cream cheese, peanut butter and softened butter at medium-high speed until fluffy, about 1 minute. Beat in the remaining 1/4 cup brown sugar. In a separate bowl, beat 1 cup heavy cream with the vanilla until soft peaks form, then fold into the peanut butter mixture. Evenly spread the peanut butter mixture in the tart shell. Cover with plastic wrap, then refrigerate until firm, at least 3 hours. 3. In a small, heavy skillet, bring the granulated sugar and 3 tablespoons water to a boil, stirring until the sugar has dissolved (wash down any sugar crystals from the sides with a wet pastry brush). Boil without stirring, but swirling the pan occasionally, until golden-brown, about 5 minutes. Let cool for 2 minutes, then whisk in the chilled butter, the remaining ¼ cup heavy cream and ¼ teaspoon salt. Transfer the caramel to a bowl and let cool completely. Rewarm gently before drizzling over the sliced tart; serve the remainder on the side.



Mango-Topped Key Lime Mascarpone Cheesecake

SERVES 10

 $\label{eq:prep} \textbf{PREP} \ 30 \ \text{MIN} \ (\text{PLUS COOLING AND CHILLING})$ $\label{eq:prep} \textbf{BAKE} \ 1 \ \text{HR}$

1¼ cups finely ground graham cracker crumbs (about 5 ounces)

- 4 tablespoons unsalted butter, melted
- cup plus 6 tablespoons sugar
 Two 8-ounce packages cream cheese, at room temperature
- 1/4 teaspoon salt
- 4 eggs

1½ cups mascarpone cheese

- ½ cup plus 2 tablespoons bottled or fresh key lime juice
- 2 tablespoons flour
- 1 large green mango (unripe)
- ½ cup heavy cream
- 1. Position a rack in the center of the oven and preheat to 350°. Butter the bottom and sides of a 10-inch springform pan. In a bowl, stir together the graham cracker crumbs, butter and 3 tablespoons sugar. Press evenly into the pan. Bake until golden, about 8 minutes; let cool. 2. Lower the oven temperature to 325°. Using an electric mixer, beat together the cream cheese, 1 cup sugar and the salt until fluffy. Beat in the eggs 1 at a time. Mix in 1 cup mascarpone, then drizzle in ¼ cup plus 2 tablespoons lime juice. Mix in the flour at low speed.
- 3. Pour the filling into the crust and bake until set around the edge, 50 to 60 minutes. Let cool on a rack for 1 hour, then refrigerate until cold, at least 4 hours or overnight.
- **4.** Meanwhile, peel the mango and, using a vegetable peeler, thinly slice. In a medium bowl, toss the slices with 2 tablespoons lime juice and 1 tablespoon sugar.
- 5. Run a knife around the edge of the cheesecake and remove the side of the pan. In a bowl, whisk the cream, the remaining ½ cup mascarpone and 2 tablespoons each sugar and lime juice until peaks form; spread over the cheesecake. Cut into 10 wedges and top with the mango.







Buttermilk Cake with Candied Citrus

SERVES 8

PREP 35 MIN (PLUS COOLING) BAKE 40 MIN

- 2 cups cake flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¾ teaspoon salt
- 2½ cups sugar
- 1 stick (4 ounces) unsalted butter, softened
- 2 teaspoons finely grated lemon peel, plus 2 lemons, thinly sliced crosswise
- 1 teaspoon pure vanilla extract
- 2 eggs, at room temperature
- 1 cup buttermilk, well shaken
- ½ pink grapefruit, thinly sliced crosswise
- navel orange, thinly sliced crosswise
- 1. Preheat the oven to 350°. Line the bottom of a buttered 2-by-9-inch round cake pan with wax paper, then butter the paper. Sift the flour, baking powder, baking soda and salt. Using an electric mixer, beat 1 cup sugar and the butter at medium speed until fluffy, then beat in the lemon peel and vanilla. Beat in the eggs 1 at a time, then mix in the buttermilk on low speed. Working in 3 batches, mix in the flour mixture. 2. Pour the batter into the prepared cake pan and bake until golden and a toothpick comes out clean, 35 to 40 minutes. Let cool on a rack for 10 minutes, then run a sharp knife around the edge. Invert onto the rack and let cool completely. Transfer the cake to a cake stand. 3. Meanwhile, in a large saucepan, bring the remaining 1½ cups sugar and 1 cup water to a boil, stirring until the sugar is dissolved. Simmer for 5 minutes. Stir in the citrus slices and simmer for 10 minutes. Drain and cool the fruit in a sieve set over a bowl; return the syrup to the pan and boil gently until reduced to 1 cup, about 10 minutes. 4. Poke the cake all over with

a skewer, then pour ¾ cup of the syrup slowly and evenly over the cake. Arrange the citrus slices decoratively on top. Drizzle the remaining syrup over the fruit.



Chai Pots de Crème

MAKES 6

PREP 35 MIN (PLUS COOLING AND CHILLING) **BAKE** 30 MIN

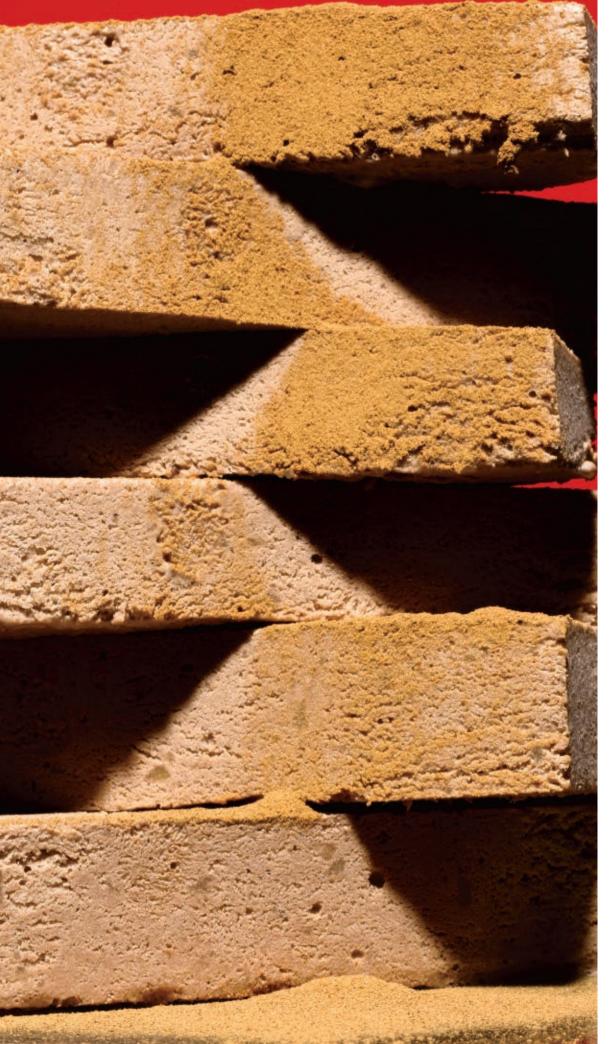
21/2 cups heavy cream

- ½ cup whole milk
- 5 chai or english breakfast tea bags

Four ½-inch-thick rounds peeled fresh ginger (about 1½ ounces)

- 1 cinnamon stick, broken in half
- 8 whole cardamom pods
- 8 whole cloves
- 1/4 teaspoon crushed red pepper
- 4 egg yolks
- ½ cup packed brown sugar
- 1 tablespoon finely chopped candied ginger
- 1. Preheat the oven to 325°. In a saucepan, bring 1½ cups cream, the milk, tea bags, ginger, cinnamon, cardamom, cloves and crushed red pepper to a boil; simmer for 5 minutes. Remove from the heat, cover and let steep for 15 minutes.
- 2. Place six ½-cup ramekins in a 9-by-13-inch baking dish. Strain the cream mixture into a bowl, pressing on the solids; discard the solids.
- 3. In a medium bowl, whisk together the egg yolks and brown sugar. Whisk in the cream mixture. Divide the custard among the ramekins; pour enough hot water into the baking dish to come halfway up the sides of the ramekins. Cover the dish with foil and pierce in several spots.
- **4.** Bake the custards until softly set, about 30 minutes. Remove from the water and let cool for 1 hour. Cover with wax paper and refrigerate for at least 2 hours. Before serving, whip the remaining 1 cup cream until soft peaks form; dollop onto each custard and sprinkle with the candied ginger.







Spicy Mexican Hot Chocolate Semifreddo

SERVES 6

PREP 30 MIN (PLUS STANDING AND FREEZING)

COOK 15 MIN

1½ cups heavy cream, chilled

- 1 cup fresh mint leaves, chopped
- 2 jalapeño chiles, chopped
- 3 eggs
- ⅓ cup sugar
- 1/4 teaspoon salt
- Two 4-ounce bars bittersweet chocolate, melted and cooled
- 1/4 teaspoon cinnamon, plus more for sprinkling
- ½ teaspoon pure vanilla extract
- 1. Line a greased 4½-by-8½-inch loaf pan with plastic wrap, leaving a 2-inch overhang. In a saucepan, bring ½ cup cream, the mint and jalapeños to a boil, then remove from the heat and let stand for 15 minutes. Strain; discard the solids.
- 2. In a double boiler, using a handheld electric mixer, beat the eggs, sugar and salt at high speed until tripled in volume and thick, about 8 minutes. Remove the bowl from the water and beat the mixture until cooled to room temperature, about 5 minutes. Mix in the jalapeño cream, chocolate and cinnamon; stir in the vanilla.
- **3.** Using clean beaters, mix the remaining 1 cup cream until stiff peaks form. Fold about one-third of the whipped cream into the chocolate mixture, then fold in the rest. Spoon into the prepared loaf pan, cover and freeze until firm, about 5 hours.
- **4.** Uncover the semifreddo and invert onto a chilled platter. Slice crosswise into 6 pieces and sprinkle with more cinnamon before serving.

Welsh Rarebit Burgers

Pump up the pub flavor of sirloin burgers with a sauce made of beer, mustard and cheddar cheese.

BY RACHAEL RAY | PHOTOGRAPHY BY MARCUS NILSSON

These Knife-and-fork burgers are faves of mine because of my love of Welsh rarebit sauce. My mom is Sicilian, and I often joke of being Italian from the stomach down. But my dad is part Welsh, and the cheese sauce on white toast points has been a familiar comfort food over the years. Here's my latest rendition of the sauce, atop a worcestershire-soaked burger.

Rascally Rarebit

SERVES 4

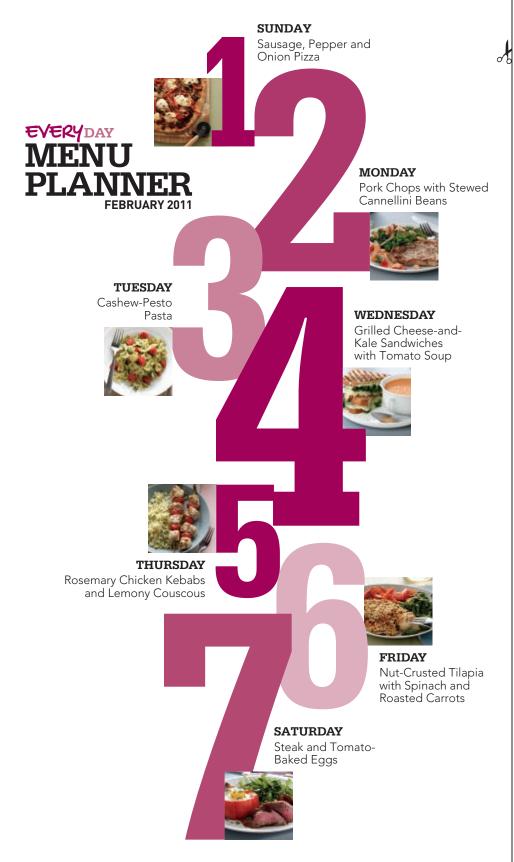
- 2 pounds ground beef sirloin, patted dry About 3 tablespoons worcestershire sauce A handful parsley, finely chopped Lots of sea salt and coarse black pepper EVOO (extra-virgin olive oil), for drizzling
- 2 tablespoons butter, plus some softened butter for toast
- 1 small onion, chopped
- 1 clove garlic, finely chopped
- 4 slices 1-inch-thick good-quality white bread
- 1 tablespoon flour
- ½ cup stout beer, such as Guinness 2 to 3 dashes hot sauce, such as Tabasco
- 1 teaspoon ground mustard
- 1 cup grated extra-sharp yellow cheddar cheese
- 2 eggs, beaten

Watercress or upland cress, for garnish

1. Heat a cast-iron skillet over medium-high heat. Combine the beef, worcestershire sauce, parsley, salt and pepper. Form 4 large patties (thinner at the center and thicker at the edges for even cooking). Drizzle the patties with EVOO to coat lightly.

- 2. Preheat the broiler and position a rack in the center of the oven. Melt 2 tablespoons butter in a medium saucepan over medium heat. Add the onion and garlic, season with salt and pepper and cook, stirring, until very soft, 10 to 12 minutes.
- **3.** Arrange the bread slices on a baking sheet. Lightly toast the bread on both sides under the broiler. Lightly butter the toast with the softened butter.
- 4. Cook the burger patties in the hot skillet, turning once, for 8 minutes for medium-rare, or 12 minutes for mediumwell. When you flip your burgers over, continue making the sauce.
- 5. Sprinkle the flour into the pan with the onion and cook for a minute. Lower the heat to medium-low and stir in the beer, hot sauce and mustard. Stir in the cheese until melted. Add the eggs and stir constantly to thicken the sauce, 3 to 4 minutes.
- **6.** On a baking sheet, place the burgers on the toasts and spoon the sauce on top. Place under the broiler to brown the sauce, 2 to 3 minutes. Serve on plates with piles of cress.





What's for dinner tonight?

Take this shopping list to the store and you'll have seven nights' worth of easy meals for less than \$100.

DAYS DINNERS

YOUR SHOPPING LIST

PRODUCE

- ☐ 2 lemons
- \square 3 pints grape tomatoes
- \Box 4 large tomatoes
- \square 2 red bell peppers
- \Box 6 carrots
- \square 2 pounds kale
- $\hfill \Box$ One 10-ounce bag spinach
- \Box 1 bunch watercress
- ☐ 3 onions
- ☐ 1 head garlic
- ☐ One 8-ounce package white mushrooms
- \Box 1 bunch flat-leaf parsley
- $\ \square$ 1 bunch rosemary

DAIR

- \square ½ pint heavy cream
- ☐ One 15-ounce container ricotta cheese
- ☐ One 8-ounce container grated parmesan cheese
- ☐ One 8-ounce package havarti cheese slices
- □ ½ dozen eggs

FISH

☐ 1½ pounds tilapia fillets

MEA

- ☐ 1 pound flank steak
- ☐ Four 6-ounce bone-in, center-cut pork chops
- $\hfill\Box$ 1 pound hot italian sausages
- $\ \square$ 1½ pounds chicken breast

BAKERY

 \square 1 loaf multigrain bread

GROCERY

- ☐ One 8-ounce jar mayonnaise
- ☐ One 8-ounce jar grainy mustard
- ☐ One 10-ounce box couscous
- ☐ One 12-ounce box farfalle
- ☐ One 15-ounce can cannellini beans
- ☐ Two 14.5-ounce cans chopped tomatoes
- One 14-ounce can vegetable broth
- ☐ One 4-ounce package roasted cashews
- ☐ 1 pound refrigerated pizza dough

Total Price: \$92.61

(Extra-virgin olive oil, salt and pepper are freebies.)



Get a new menu planner every week at rachaelraymaq.com/menu.





Pork Chops with Stewed Cannellini Beans

SERVES 4 PREP 10 MIN COOK 20 MIN

- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, finely chopped
- 1 onion, sliced
- pound kale, tough stems removed and leaves chopped
- One 14.5-ounce can chopped tomatoes
- One 15-ounce can cannellini beans, rinsed

- carrot, shredded
 Salt and pepper
- 3 tablespoons grated parmesan cheese
- Four 6-ounce bone-in, center-cut pork chops
- 1. In a medium pan, heat 2 tablespoons olive oil over medium heat. Add the garlic and cook until fragrant, about 15 seconds. Stir in the onion and cook until softened, about 5 minutes. Stir in the kale,

tomatoes, beans, carrot and ¼ cup water; season with salt and pepper. Cover with a lid and cook until the kale just begins to wilt, about 10 minutes. Stir in the parmesan.

2. Meanwhile, in a large skillet, heat the remaining 2 tablespoons olive oil over medium-high heat. Season the pork chops with salt and pepper and cook in the skillet, turning once, until browned and cooked through, about 5 minutes. Serve with the vegetables.





Grilled Cheese-and-Kale Sandwiches with Tomato Soup

SERVES 4 PREP 15 MIN COOK 30 MIN

- 6 tablespoons extra-virgin olive oil
- ½ onion, finely chopped
- 1 carrot, finely chopped
- One 14.5-ounce can chopped tomatoes

One 14-ounce can vegetable broth

½ cup heavy cream

Salt and pepper

- 1 pound kale, tough stems removed and leaves chopped
- 8 slices multigrain bread
- 8 slices havarti cheese
- 1. In a medium pot, heat 2 tablespoons olive oil over medium-high heat. Add the onion and cook until softened, about 3 minutes. Stir in the carrot, cover and cook for 5 minutes more. Add the tomatoes and vegetable broth, bring to a simmer, cover and cook until the vegetables are soft, about 20 minutes. Stir in the cream and, using an immersion blender, puree until smooth; season with salt and pepper.
- 2. Meanwhile, in a large skillet, heat 1 tablespoon olive oil over medium-high heat. Add the kale, season with salt and pepper and

- cook, stirring often, until tender, about 5 minutes. Remove from the heat.
- 3. Preheat a grill pan over medium heat. On a work surface, layer each of 4 bread slices with 1 slice of cheese and some of the kale, then top with a second slice of cheese and bread. Brush the outside of the sandwiches with the remaining 3 tablespoons olive oil. Grill, turning once, until the cheese is melted and grill marks appear, about 5 minutes. Serve with the tomato soup.







Steak and Tomato-Baked Eggs

SERVES 4 PREP 15 MIN COOK 35 MIN

- 3 tablespoons extra-virgin olive oil
- ½ onion, thinly sliced One 8-ounce package white mushrooms, thinly sliced

Salt and pepper

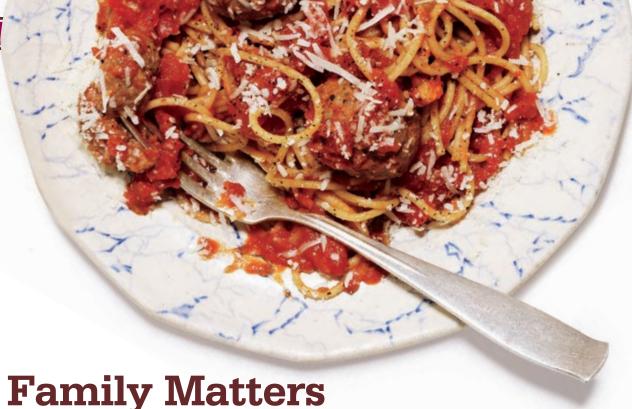
- 4 large tomatoes, tops sliced off and flesh scooped out
- 4 eggs
- tablespoon finely chopped flat-leaf parsley
- 1 pound flank steak

Juice of 1/2 lemon

- 1 bunch watercress, trimmed
- Preheat the oven to 375°. In a medium skillet, heat 2 tablespoons olive oil over medium-high heat; add the onion and cook for 3 minutes. Add the mushrooms and cook until softened, about 5 minutes; season with salt and pepper.
- E. Fill the tomatoes with the mushroom mixture; transfer to an 8-inch square baking dish. Pack down the filling, crack 1 egg on top of each and season with salt and pepper. Bake until the egg whites

are just opaque, 20 to 25 minutes. Sprinkle with the parsley.

- Meanwhile, preheat an oiled grill pan to medium-high. Season the steak with salt and pepper and grill, turning halfway through, for 12 to 14 minutes for medium-rare. Transfer to a cutting board and let rest for 10 minutes before thinly slicing.
- In a salad bowl, whisk together the lemon juice and remaining 1 tablespoon olive oil; season with salt and pepper. Add the watercress and toss. Serve with the steak and tomato-baked eggs.



Extra-lean hamburger and whole wheat pasta transform an Italian favorite into a stealthily healthy meal. By TRACEY SEAMAN | PHOTOGRAPH BY MARCUS NILSSON

P'sghetti and Meatballs **SERVES** 4

PREP 20 MIN COOK 1 HR 20 MIN

Three 28-ounce cans peeled italian tomatoes, drained

- tablespoons extra-virgin olive oil
- cloves garlic, smashed Salt and pepper
- small onion, finely chopped
- eggs plus 2 egg whites
- pound extra-lean ground beef
- slices whole wheat bread, ground into breadcrumbs
- cup finely grated parmesan cheese, plus more for serving
- pound whole wheat spaghetti
- 1. In a large bowl, break up the tomatoes with your hands. In a large pot or dutch oven, heat

- 2 tablespoons olive oil over medium heat. Add the garlic and cook until golden, about 2 minutes. Add the tomatoes, partially cover and bring to a simmer. Lower the heat to medium-low and continue simmering until the tomatoes are tender, 1 hour, covering the pot for the last 15 minutes of cooking. Season with salt and pepper and remove from the heat.
- 2. Meanwhile, in a medium skillet, heat the remaining 1 tablespoon olive oil over medium-low heat. Add the onion, ¾ teaspoon salt and ½ teaspoon pepper and cook, stirring occasionally, until soft and golden, about 10 minutes; let cool.
- 3. In a large bowl, whisk together the eggs and egg whites. Stir in the beef, breadcrumbs, ½ cup cheese and the cooked onion.

- 4. Using a 2-inch ice cream scoop, form 16 meatballs, packing well and leveling off against the edge of the bowl; carefully release them into the pot of tomato sauce in a single layer. Cover the pot and simmer over medium-low heat, shaking the pot occasionally, until the meatballs are firm, about 20 minutes.
- 5. Meanwhile, in a large pot of boiling, salted water, cook the spaghetti until al dente, about 11 minutes; drain and return to the pot. Toss 2 cups of the sauce with the spaghetti.
- 6. Divide the spaghetti among 4 shallow bowls. Top each portion with 4 meatballs and some more sauce; sprinkle with more cheese and season with pepper.

TIPS OF THE MONTH

We're seeing red...food, that is! Brighten up your winter diet with these vivid (and antioxidantrich) ingredients.

Red Cabbage

Sauté with apples to accompany chicken or pork; add to stir-fries, soups or stews: or use as a crunchy raw topping for tacos and

Pomegranate

Sprinkle on ice cream, yogurt or salads for a sweet-tart crunch, or puree with walnuts, goat cheese and olive oil for a zesty dip or sandwich spread.

Red Swiss Chard

Cook with garlic in extravirgin olive oil and toss with pasta, or braise with chicken broth and white beans for a hearty side dish.

For more ways to help your family build healthier relationships with food and cooking, visit vum-o.org,





It's no secret that kids can be picky eaters, but good old spaghetti and meatballs should be an easy sell, right? Not so for the three Ramos kids. "They used to be finicky about red sauce, which was weird to me, since I'm half-Italian!" their mom, Sara, jokes. The kids may have been skeptical about sampling the sauce, but they were more than happy to make it: Six-year-old Dylan helped shape the meatballs, while 9-year-old Isabella squished the tomatoes with her bare hands. And turns out, the kids licked their bowls clean, Sara says—proof that everything tastes better when you make it yourself. —SARAH ZORN



The Rachael Ray Show will be conducting several Lucky You Online Giveaways during the month of February. Each Rachael Ray Lucky You Online Giveaway is a separate contest and requires separate entry. You can enter the giveaways only via the Rachael Ray Show Facebook Page at http://www.facebook.com/TheRachaelRayShow when a specific giveaway is open. Prizes will vary for each separate giveaway with values between \$500 - \$4999, unless specific giveaway rules. Employees, officers, and directors (including such persons') parents, spouses, children and siblings and members of the same household) of KWP Studios Inc., the Rachael Ray show, Watch Entertainment, Inc., Scripps Networks, Inc., Harpo Productions, Inc., any prize providers and all of the foregoing entities' respective parent companies, subsidiaries, affiliates or agencies, are not eligible to enter. Limit one entry per person for each Lucky You Giveaway. Full details about specific Lucky You Online Giveaways are in no way sponsored, endorsed or administered by Facebook.

PHOTOGRAPH BY LEVI BROWN; STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

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EVERYDAY



round two?

According to The Origin of Everyday Things by Johnny Acton, Tania Adams and Matt Packer, the phrase "happy hour" supposedly originated in the Navy in the 1920s, when sailors would box and wrestle each other to blow off steam.

From Mad Men to your neighborhood bar, cocktails are making a comeback. Showcase your own with a homemade post-work party. BY ADAM ROBERTS

THE TOOLS Forget fancy equipment. Start with a cocktail shaker (larger is better, so you can make more drinks in less time) and a cocktail strainer. Martini glasses are nice but not essential—small glass tumblers are better bargains and work well for most drinks (try cb2 .com or fishseddy.com).

THE MOVES A good rule is to shake a cocktail until the shaker is too cold to hold. At home, though, Dan Maccarone, owner of Destination Bar & Grille in New York City, is just as likely to **mix a drink** by pouring it back and forth from shaker to pint glass. "It mixes just as well for typical cocktails," he says. THE CUBES Leave it to food-science guru Dave Arnold, director of culinary technology at the French Culinary Institute, to experiment with ice: He found that when shaking drinks, crushed ice immediately makes them watery. For great whole cubes, try silicone trays.

THE BOOZE The big decision is quality versus quantity. One **750ml** bottle yields about 17 drinks, so the fewer the guests, the more you can spend on a bottle. Depending on the sizes of your budget and party, decide what combination of premium and less expensive bottles to buy.

treat your quests

At the end of the evening, take a cue from New York City's **Gramercy Tavern—where** guests leave with a freshbaked muffin for the next day's breakfast—and send folks home with a munchie, like homemade granola.









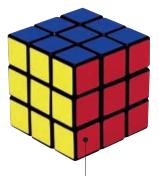




It's key to leave jobs behind at a successful happy hour. Try these ideas to steer things toward more lively waters.



roll call People fall into familiar conversation patterns with friends, so invite some folks who don't know each other. To facilitate conversation, leave "Hello My Name Is" stickers and a marker at the bar; guests can reveal themselves in their own ways.



distraction Scatter a few games and puzzles around the room—a Rubik's Cube, an Etch A Sketch, a magnetic puzzle—and you'll be surprised at how quickly people will put them to use.



sound decisions Set the mood with vintage cocktail-party ditties. Try the Burt Bacharach collection, where you'll find upbeat songs (like "Wives and Lovers" and "There's Always Something There to Remind Me") and more introspective tracks (like "Trains and Boats and Planes"). You also can't go wrong with classic Vegas crooners like Mel Tormé and Louis Prima.



DIY drinks Stock the bar with instructions for various cocktails—it'll improve camaraderie among guests, and you won't spend all night shilling drinks. (Just be sure to maintain it every so often or it may get chaotic.) A few to try: the Manhattan (whiskey, sweet vermouth, bitters and a maraschino cherry), the classic martini (gin, dry vermouth and an olive) or our Sparkling Pear Sidecar.

setting the bar True happy hours are held on weeknights, right after work. Luckily, it's easy to make this none-too-festive time of day a lot more fun.

TAKE IT EASY. Don't snub the snack aisle; stock up on pretzels, chips and peanuts in advance. Or try spicing up plain popcorn: Chef Tom Duffly, of Boston's popular bar Drink, likes to top freshly popped corn with salt he spins in a spice grinder with an aromatic, like fresh rosemary or sichuan peppercorns and paprika.

BLOCK OFF TIME. Keeping the time frame finite will prevent lingering guests and keep folks from declining an invitation because they think they'll be out all night. A two-hour block, like 6 p.m. to 8 p.m., should provide ample opportunity for fun without making for a cranky morning.

BLACKBERRY BLACKOUT. Encourage everyone to leave work at the door: Make a party game of spotting surreptitious e-mail checkers. Get some cheap noisemakers for people to blow at offenders, or make anyone caught red-handed mix the next round of drinks. It'll curb obsessive smart-phoning and liven up the room.



the new bamboo umbrellas

Add whimsy to happy hour with some quirky garnishes.

- Spear small fruit—kumquats, grapes and cherries—on plastic toothpicks.
- Add strands of black or red licorice (black: anything with Pernod; red: anything with Campari or kirsch).
- →It might sound strange, but pickled shrimp make a good foil for savory drinks (like dry martinis).
- Toy soldiers and yo-yos are playful finishing touches.

Sparkling Pear Sidecar MAKES 1

lce

- 2 ounces pear brandy, such as Poire Williams
- 1 ounce triple sec
- 1 tablespoon fresh lime juice, plus one 2-inch-piece lime peel
- 1 tablespoon sugar Splash club soda

- **1.** Fill a cocktail shaker halfway with ice. Add the brandy, triple sec, lime juice and ¼ teaspoon sugar and shake vigorously.
- 2. Place the remaining sugar on a small plate. Rub the rim of a cocktail glass with the lime peel and press into the sugar. Toss the lime peel in the sugar to coat. Strain the drink into the glass and add the club soda. Garnish with the sugared lime peel.







dinner with (new) friends

Is your party guest list running on repeat? **Join the club.** No, really. A group of pals from Brooklyn, New York, were looking for an excuse to make new friends, so they **started a home supper club** and pledged to keep the invitees interesting. Now, once a month, they ask friendly faces like local shopkeepers and neighbors to meet over a multicourse meal that has **everyone begging for seconds**—and an invite back.

BY STACY ADIMANDO | RECIPES BY STEVE LINARES AND ABIGAIL CHIPLEY | PHOTOGRAPHY BY MAX KIM-BEE







Meet the Hosts

While the guest list may change, the party planners stay the same.

- 1 CAMILO says, "I'm learning something every time we host." His favorite new skills: blogging about the events and handling pork belly.
- 2 ELISA has a web design and marketing background, so she takes the lead when styling the table and menus. "I watch closely to pick up some of my friends' skills in the kitchen, too," she says.
- 3 EMILY is a born hostess who says working in restaurants is a family tradition. "Now I just do it for fun," she says. She helps greet and serve party guests, and makes sure everyone feels at home.

Smoked Salmon with **Quick-Pickled Beets**

SERVES 6

PREP 15 MIN (PLUS STANDING) COOK 30 MIN

- bunch medium beets, trimmed and greens discarded
- cup plus 11/2 teaspoons white wine vinegar
- 1/2 cup sugar
- teaspoon whole black peppercorns
- 3 strips orange peel, plus 1 tablespoon fresh orange juice Salt
- tablespoon fresh lemon juice 1
- 2 tablespoons extra-virgin olive oil
- small bunch watercress
- ounces sliced smoked salmon
- 1. In a large saucepan, combine the beets and enough water to cover. Bring to a boil, then lower the heat to medium, cover and cook until crisp-tender, about 30 minutes. Drain and let cool slightly. Under running water, rub off the peels. Halve the beets lengthwise and thinly slice.
- 2. In a medium saucepan, bring ½ cup water, ½ cup vinegar, the sugar, peppercorns, orange peel and 2 teaspoons salt to a simmer, stirring, until the sugar has dissolved. Add the beets, remove from the heat, and let stand for 30 minutes; drain.
- 3. Meanwhile, in a small bowl, combine the orange juice, lemon juice and remaining 1½ teaspoons vinegar; season with salt. Whisk in the olive oil. Toss the watercress with half of the vinaigrette.
- 4. Arrange the salmon and beets on 6 plates. Top with the watercress and drizzle with the remaining vinaigrette.





Frisée with Goat Cheese and Bacon

SERVES 6 PREP 15 MIN BAKE 30 MIN

6 slices bacon Salt and pepper

1/4 cup coarsely ground walnuts,

One 4-ounce log goat cheese

- 2 tablespoons sherry vinegar
- 1 tablespoon honey
- 3 tablespoons extra-virgin olive oil
- 2 heads frisée, torn (about 6 cups)
- 3 ounces baby spinach (about
- 1/2 small head radicchio, torn
- **1.** Preheat the oven to 350°. Line a rimmed baking sheet with

parchment and top with a wire rack. Arrange the bacon in a layer and sprinkle with pepper. Bake until crisp, 30 minutes. Coarsely chop.

- 2. Meanwhile, place the walnuts on a plate. Roll the goat cheese in the nuts. Slice the cheese crosswise into 6 slices and place on a parchment-lined baking sheet. Bake the goat cheese until warm, about 3 minutes.
- 3. In a large bowl, whisk together the vinegar and honey. Whisk in the olive oil; season with salt and pepper. Add the frisée, spinach and radicchio; toss to coat. Divide among 6 plates, then top each with a warm goat cheese slice and some chopped bacon.

Guest-List Inspiration

Go beyond the usual suspects to assemble a lively new group.

- Invite your friends with plus-ones, but ask that their guests be people you've never met before. Everyone will be more at ease if they have one familiar buddy in the room. Bonus: You can leave the obligatory introductions to your guest-toting friends.
- Remember your favorite acquaintances—neighbors you meet while walking the dog, a co-worker you debate American Idol with by the printer, the lady who always makes you laugh at the gym. Next time you bump into each other, go ahead and extend an invite.
- Use social media to be, well, more social. Find a friend on Facebook whom you haven't chatted with (away from a computer) in a while and ask them to catch up in person. Even if it's been months or years since your last meeting, reconnecting may spark great conversation.



Braised Lamb Shoulder

SERVES 6 PREP 20 MIN COOK 21/2 HR

One 3½- to 4-pound trimmed lamb shoulder, cut into 2-inch chunks

- Salt and pepper
- tablespoons extra-virgin olive oil
- cup white wine 1
- large onion, chopped 1
- cloves garlic, thinly sliced
- cup tomato paste
- cup red wine
- cup chicken broth 1
- sprigs fresh thyme, plus more for garnish
- 1. Season the lamb with salt and pepper. In a large dutch oven, heat the olive oil over mediumhigh heat. Working in batches, add the lamb and cook, turning occasionally, until browned, about
- 10 minutes; transfer to a plate. 2. Add ½ cup white wine to the pot, scraping up any browned bits. Add the onion and garlic and cook until softened, about 5 minutes. Stir in the tomato paste, the remaining ½ cup white wine, the red wine, chicken broth and 3 sprigs thyme. Return the lamb and any juices to the pot and bring to a boil. Lower the heat to medium-low, cover and simmer until the lamb is tender and the sauce has thickened, 2 to 2½ hours. Garnish with more thyme sprigs.





Let diners choose their own spots at the table and switch it up as the night goes on. To help spark conversation, leave a quirky knickknack on each place setting—discussing who got what should get them chatting.

Roasted Root Vegetables

SERVES 6 PREP 20 MIN COOK 1 HR

- pounds small turnips, peeled and halved
- 2 pounds carrots, peeled and cut diagonally into 2-inch pieces
- pound parsnips, peeled and cut diagonally into 2-inch pieces
- Two 8-ounce heads fennel, halved lengthwise and sliced into 1/2-inch wedges
- tablespoons extra-virgin olive oil Salt and pepper
- tablespoons butter
- tablespoons chopped fresh sage
- 1. Preheat the oven to 375°. In a large bowl, toss the turnips, carrots, parsnips and fennel with the olive oil; season with salt and pepper. Divide the vegetables between 2 rimmed baking sheets. Roast, turning occasionally, until tender, about 1 hour; transfer to a large bowl.
- 2. Meanwhile, in a small skillet, cook the butter over medium heat, stirring frequently, until goldenbrown, about 5 minutes; stir in the sage and season with salt and pepper. Add to the vegetables and toss to coat.

Start a Supper Club

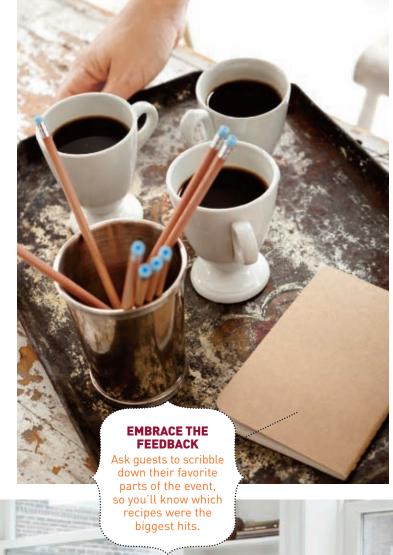
SET SOME DATES. The building blocks for your first dinner: the empty boxes on your calendar! Have the group decide on a regular meeting time—every other month is a manageable pace—and a night of the week that suits everyone.

PICK A LOCATION. Chances are you'll want to take turns visiting each other's homes. (This way no one is committed to always preparing their place for guests.) Let members pick their evenings—or leave it up to chance by pulling dates out of a hat.

CONSIDER A THEME. Choose a type of food, and let the decor and festivities follow suit. Or pull inspiration from your surroundings: "We once threw a Brooklyn night and sourced all local ingredients from within the neighborhood," Emily says. "Elisa even set the table with plants native to the area, in glass jars filled with sand."

SHARE THE WORK. Divvy up the hosting duties based on your interests and skills—but come together for the fun stuff. Emily says, "We collaborate on dreaming up and preparing the cocktails and dessert, so everyone is an equal part of the process."

TOSS OUT SOME TEASERS. Send an e-mail a week before with a list of dishes and activities planned for the night. "We give a menu detailing all the courses," Emily says. "It's a great way to start some buzz."





have burge will par

At my annual New York City Burger Bash, the competition was as hot as the grills. See what your favorite chefs served up!

BY RACHAEL RAY | PHOTOGRAPHY BY KRISTEN SOMODY WHALEN

People's Choice winner I thought he was going to be the Susan Lucci of the Burger Bash, but

For one October night, the Tobacco Warehouse—a historic structure at the foot of the Brooklyn Bridge was home to a burner bonanza. More than 20 meat masters fought for first place, and although we were in Brooklyn, I'm sure the delicious aroma reached Manhattan and beyond. My favorite food lovers and I danced, courtesy of rockin' cover band The Touch; drank, courtesy of Blue Moon; and ate mini buraers, courtesy of everyone from Bobby Flay to reigning champ (and Lure executive chef) Josh Capon. And let's not forget the entertainment: Spike Mendelsohn donned a cape and (literally) crowned himself "burger king," and the jokers from Rub BBQ hoisted signs asking the voting crowd to "Eat, Pray, Rub." Were the theatrics enough to get the win? Check it out here.

Bobby Flay and I.

the streak is over!



- coarsely chopped
- shallot, coarsely chopped
- tablespoons finely chopped fresh basil
- tablespoons finely chopped fresh dill
- cup sour cream
- tablespoons fresh lemon juice
- 1. Using a blender, puree the wine, chiles, shallot and 1 tablespoon each basil and dill; transfer the mixture to a bowl. Stir in the sour cream and lemon juice; season with salt and pepper. Fold in the remaining 1 tablespoon each basil and dill.
- the mixture is the consistency of oatmeal, about 5 minutes.
- 3. Working in batches, dip the pickle slices in the batter. Add them to the hot oil and fry, turning once, until golden, about 3 minutes. Transfer to paper towels, sprinkle with salt and serve with the dipping sauce.

Asiago Tater Tots

Courtesy of Bill's Bar & Burger

SERVES 6 PREP 20 MIN COOK 15 MIN

- 2 large baking potatoes, grated
- 1 small onion, grated
- 1/4 cup flour
- 1/4 cup grated parmesan cheese
- 1 egg yolk
- 1½ tablespoons salt
- teaspoon garlic powder
 Vegetable oil, for frying
- ½ cup grated asiago cheese
- 2 tablespoons finely chopped fresh rosemary
- **1.** In a bowl, combine the potatoes, onion, flour, parmesan, egg yolk, salt and garlic powder.
- 2. In a deep skillet, heat 1 inch oil over medium-high heat until it registers 350° on a deep-fry thermometer. Form rounded tablespoons of the potato mixture into balls, squeezing out the excess moisture. Working in batches, drop the mixture into the oil and fry until golden, about 5 minutes. Drain on paper towels.
- **3.** Place the asiago and rosemary in a large bowl. Working in batches, toss the tater tots in the cheese mixture.

Santa Fe Burger

Tip: In a

hurry? Fry as directed with

store-bought tater tots.

Courtesy of Bobby's Burger Palace
SERVES 4 PREP 20 MIN COOK 20 MIN

SERVES 4 TREE 20 MIN COOK 20 M

- 1 large poblano chile
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup whole milk
- 8 ounces monterey jack cheese, coarsely grated

Salt and pepper

1½ pounds ground beef

- 4 hamburger buns
- 1 cup crushed blue corn tortilla chips
- 1. Preheat a grill or grill pan to high. Add the poblano and grill until charred on all sides, 10 to 12 minutes. Place in a bowl, cover and let stand for 15 minutes. Peel, halve and seed the poblano, then coarsely chop.
- 2. Meanwhile, in a medium saucepan, melt the butter over medium heat. Whisk in the flour for 1 minute. Add the milk, increase the heat to medium-high and cook, whisking constantly, until thickened, about 5 minutes. Whisk in the cheese until melted; season with salt and pepper. Keep warm.
- 3. Shape the ground beef into 4 patties; season with salt and pepper. Grill until charred on both sides, about 8 minutes for medium.
- 4. Place the burgers on the bun bottoms and top each with some warm cheese sauce, chopped poblano and tortilla chips. Set the bun tops in place.

What's the weirdest thing you've ever eaten on a burger?

it's actually

-ANDREW

really good!

FISCHEL

"Salmon

roe. I like

salmon roe; I

like burgers. I'm

just not sure they

go together.'
—BOBBY FLAY

"Fried squid. It was all wrong, like a five-course meal in one bite."





"If I'm
really trying,
six. I hit the wall
after a few bites."
—ANDREW
FISCHEL, RUB

"After
eight, I'd
probably be all
set. I'm watching
my slim figure."
—ANDREW
CARMELLINI

Second Helping

Join me February 24 for my next Burger Bash, at the South Beach Wine & Food Festival. Visit 2011.sobefest .com for tickets.

People's Choice Winner: Santa Fe Burger, Bobby's Burger Palace



3 Easy Lip Looks

It's a split-second decision—gloss, stain or lipstick?—that can change your style completely. Rach's buddy **Gretta Monahan** helps us choose wisely.

PHOTOGRAPHY BY BLAISE HAYWARD

subtle: liquid formula stain

Perfect for a dinner date, this boost of color will survive eating, sipping and kissing.

It should be a shade brighter than your natural lip color (darker ones will make your lips appear thinner). Stains are designed to be absorbed into the skin so the color intensifies once you apply.

HOW TO APPLY 1. Apply to lips using a makeup brush or cotton swab. Start at the center of your mouth and move outward, using a lighter hand at the corners and following the lip line.

2. Let the stain dry for 10 to 15 seconds, then apply a clear gloss with shimmer.



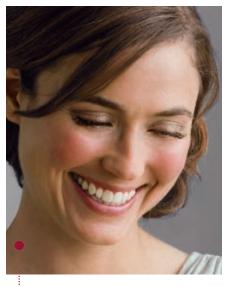
dramatic: matte lipstick

The trick to a flattering look: Skip the reds and experiment with berry shades.

These formulas are velvety and youthful without being runny like some glosses or balms. Test a few shades, but follow these general guidelines: strawberry hues for fair skin, raspberry or reddish-brown for medium complexions, and burgundy wine or deep cherry for dark skin.

HOW TO APPLY 1. Dust powder around the border of your mouth, then outline and fill in lips with a pencil that matches your bare lip tone. 2. Make a half-smile to smooth any lines, then apply lipstick. Start in the center of the lower lip and move outward. Repeat on top, then blot.

—STEPHANIE TWEITO JACOB

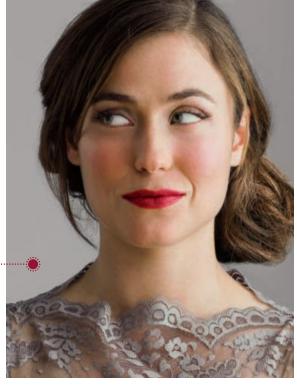


natural: sheer gloss or balm

Getting a nearly bare look doesn't mean forgoing makeup—just enhancing your own lip tone.

For fair complexions, look for a pink or peach shade; for medium ones, a pinkish-brown or -beige; and for dark skin, mauve or brown. Try the color on without other makeup—if it enhances your bare face, it's right for you.

HOW TO APPLY 1. Trace, then fill in the lips with a liner that's the same shade as your natural color. **2.** Swipe on a tinted gloss or balm straight from the tube.



VARDROBE STYLING BY CATE SHEEHY, HAIR AND MAKEUP BY GEORGE KYRIAKOS



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Yum-o!

Launched in 2006 by Rachael Ray, Yum-o! is a nonprofit organization that empowers kids and their families to develop healthy relationships with food and cooking by teaching families to cook, feeding hungry kids, and funding cooking education and scholarships. Check out www.yum-o.org to find fun, fast, and affordable recipes, and ideas and inspiration from people and organizations that are changing the way America eats.

Visit **chatandchew.RachaelRaymag.com** for complete details on all programs and events or e-mail us at **howcoolisthat@rd.com**. Friend us on **facebook.com/RachaelRaymag.com** and follow us on **twitter.com/RachaelRaymag.com** to get the inside scoop.

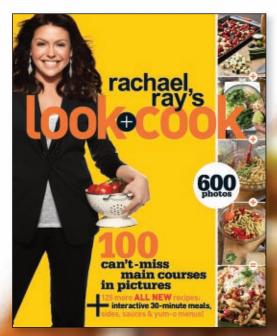


how does rachael make everyday cooking even easier?

with two look, simple steps look, then cook.

Rachael has taken her latest cookbook in an exciting fresh direction with 100 brandnew innovative look © cook recipes, plus 125 more all-new recipes. The steps for each look © cook recipe have been captured in vivid photographs so that all you have to do is take one quick look and keep on cooking. It's the next best thing to having Rachael in your kitchen!

Rachael Ray's look \odot cook also features accompanying real-time video available at www.RachaelRay.com.



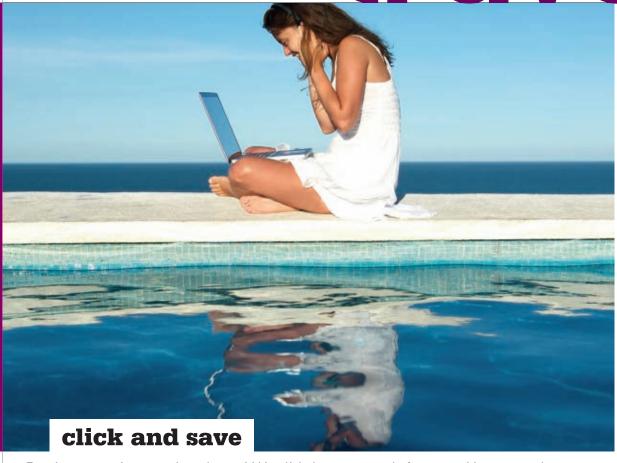


smart cookie

Search a travel site for airfare twice in a row and you might get two different prices. To be treated like a new customer—and ensure that you're seeing the best rates—clear the cache on your smartphone or computer. For more tech-savvy travel ideas, turn the page.



EVERYDAY TO A VEIL



bunk up

Travel blogger Amanda Pressner (lostgirlsworld.com) likes the new site airbnb.com, which connects you to real people in more than 160 countries who are renting rooms, entire apartments. vacation homes and even tree houses. Listings include photos and reviews from people who've staved there.

Book a vacation on the cheap! We did the research for you: Here are the top travel sites and apps you need to score a serious deal. BY VALERIE STIVERS-ISAKOVA

AIRFARE Before you book a flight, check the price calendar at farecompare.com to see if you'll save money by traveling earlier or later. Bing.com will tell you if flights are going to get cheaper or more expensive the longer you wait. Once you're ready to buy, search for the lowest fare at kayak.com (the industry leader), mobissimo.com (great for international flights) or newcomer hipmunk.com (which has an easy-to-navigate design).

HOTEL Avoid bland chains by booking through tablethotels.com; the site has a list of boutique lodges (which have been visited by staffers) at discounts of 10 to 30 percent. For a wider variety, try new aggregation sites uptake.com and raveable.com, which show user reviews and, in Uptake's case, will direct you to a booking site. Sign up for members-only e-mails from vacationist.com and you'll get last-minute luxury hotel deals.

CAR It often pays to wait until the last minute and then use an "opaque" discount site—so named because you won't know which car company you're booking with until you've committed to purchase—like priceline.com or hotwire.com. (The latter site only does business with top-tier vendors like Hertz, Alamo and Enterprise—no "rent-a-lemons.") These companies will save you an average of 30 to 40 percent.







freebies!

Turns out you can get something for nothing. We tracked down a bunch of no- and low-cost goodies, including free parking, free language lessons—even free lunch!



FREE A new Google app for the Android, Open Spot, encourages members to geotag their spots when they leave, allowing other drivers to see free parking options in real time.

CHEAP Find a great spot in 18 cities using bestparking.com. An online reservation gets you up to half off at a garage near your destination.



FREE European travel expert Rick Steves offers no-cost audio tours of cities like London, Paris and Rome at ricksteves.com. Download the podcast and a map, and you're off.

CHEAP Sign up for coupon site yipit.com and select "tours" in your preferences. The company frequently offers city tours for half off.



GUIDEBOOKS

FREE Hotel booking site stay.com lets you create and print custom guidebooks for dozens of cities around the world using its vast database of museums, attractions, hotels and restaurants.

CHEAP Lonely Planet's contentrich iPhone app is \$6 per city; its brand-new Discover Guidebooks for the iPad start at \$13.



MAPS

FREE Walkjogrun.net, powered by Google Maps, lets you enter any location and see users' favorite nearby running routes.

CHEAP The TomTom iPhone app (\$40 and up) functions just like a GPS (but for about one-third the price), with turn-by-turn directions and real-time advice based on traffic.



PHONE CALLS

FREE Skype's new iPhone app allows you to make no-cost Skypeto-Skype calls anywhere in the U.S. (Internationally, operator data charges may apply.)

CHEAP Users of Gogo Inflight Internet (\$5 and up for laptop usage, gogoinflight.com; available on nine carriers) can talk for free from the sky through a Google Voice account (google.com/voice).

When are you coming to visit?

Soon? Please?

Fluff up your couch pillows...

INTERNATIONAL TEXT MESSAGES

CHEAP Download WhatsApp
Messenger for \$2 and use it to
send free text messages from your
existing smartphone Internet data
plan. The messages are not in SMS
format, so your provider won't
charge you (although roaming fees
may apply).



LANGUAGE LESSONS

FREE Livemocha.com offers free online courses (available in audio or video form, or as PDFs) in more than 35 languages—and connects you to native speakers so you can practice.

CHEAP The Jibbigo iPhone app (\$25 and up) translates spoken phrases into other languages. The app is so advanced, some of our troops use the Iraqi Arabic-English version.



LUNCHES

FREE It doesn't happen often, but coupon site scoutmob.com (see below) will sometimes alert you to promotions like free hot dogs from a gourmet street-food cart.

insider travel tips

Find out about hot new restaurants, art galleries and other attractions at your destination—and score great deals—with these websites.

Sassy, written-by-locals **scoutmob.com** offers 40 to 90 percent discounts on trendy cocktails, specialty foods and cute clothes in various cities nationwide. • With **groupon.com**'s coupons, you'll get big discounts on little pleasures like milkshakes, manicures and IMAX tickets; the site covers pretty much every American city you're likely to visit. • **Blackboardeats.com** in New York, Los Angeles and San Francisco will keep you up to date on buzzworthy new eateries—and you'll get 30 percent off your check, too.

• In-the-know eating and drinking guide **tastingtable.com** (available in five cities) sometimes offers deals like a three-course breakfast from celeb restaurateur Danny Meyer for \$20. • Hip fashion site **refinery29.com** (New York and Los Angeles) just launched a "citysteals" e-mail with exclusive sales, like a \$200 gift certificate to the coveted brand Steven Alan for only \$90.

rachaelraymag.com 123



& grits

cheeseburgei

Egg Rolls

They're not just for dim sum anymore. Chefs around the country are turning iconic American foods into stuffed, fried treats.

BY RACHEL BERTSCHE | PHOTOGRAPH BY LUCAS ZAREBINSKI

PHILADELPHIA

THE SPOT The Swann Lounge at the Four Seasons Hotel Philadelphia (1 Logan Square, 215-963-1500) has all the luxury you'd expect from the upscale chain—a baby grand, marble-topped tables—while still staying true to its roots. Many of the ingredients are grown locally: on the hotel's rooftop garden and in neighboring Bucks County.

THE SPECS "If you're in Philadelphia, there's only one thing you've got to eat," says executive chef Rafael Gonzalez. The secret to his Philly Cheesesteak Spring Rolls (\$16 for 4) is hiding a slice of American cheese between two spring roll wrappers. The oversize rolls are plated with shoestring fries, banana peppers and the house spicy ketchup. You won't miss the bread.

CHARLESTON, **SOUTH CAROLINA**

THE SPOT The Triangle Char and Bar (828 Savannah Hwy., 843-377-1300) is a local hangout. Its patio and colorful dining room are packed in the daytimeespecially during brunch—and at night, when there are happy hour specials and, often, live music. The food: Southern staple-meets-bar snack, such as the grass-fed beef burger with pimiento cheese.

THE SPECS The Shrimp and Grits Roll (\$8 for 3)—stuffed with that classic low-country duo, plus green chiles and bacon, and served with a spicy tomato gravy—is one of four "rockin' rolls" (others are avocado, chorizo and pulled pork). General manager Michael Lotz says the fan favorite "keeps 'em coming back."

NEW YORK CITY

THE SPOT The lounge-type decor and stylish crowd at Delicatessen (54 Prince St., 212-226-0211) make for a trendy scene, but the menu is all comfort food, with dishes like Grandma's Meatloaf with whipped potatoes and green beans, and milk and warm cookies for dessert.

THE SPECS Rolled into the Cheeseburger Spring Rolls (\$11 for 4) is a mixture of ground beef; onion; American, cheddar and swiss cheeses; and a béchamel sauce that takes the burger bite to the next level of deliciousness. On the plate are ketchup-mustard sauce and cornichons—a fancy word for small pickles. Just one more thing at Delicatessen that's less fussy than it seems.

CAMBRIDGE, MASSACHUSETTS

MAKE IT AT HOME

You can turn any leftovers into an egg roll: Chill meat or veggies overnight, roll in a spring roll

> wrapper and fry in 1/4 inch oil.

THE SPOT Harvard and MIT students who need late-night study breaks count on Pizzaring .com (212 Western Ave., 617-864-1800), open till 4 a.m., to satisfy their cravings—whether they're for spicy pizza, chicken parm or mango mousse cake.

THE SPECS East meets West in the form of the Pizza Egg Roll (\$5.50 for 3), a crispy wrapper filled with mozzarella, tomato, and pepperoni or chicken. Manager Bobby Genovese says he came up with the dish when the restaurant's owner, who is originally from Korea, mentioned she missed good egg rolls. "I told her we could try a version here, and she said, 'But this is a pizza shop!" Now they sell upward of 400 a week.





We've cherry-picked 10 of the country's most romantic hotels—we're talking private luxury cabins in the woods and lofts on the Kona coast, all at very reasonable rates.

And because we heart our readers, mention

Every Day with Rachael Ray when you book and you'll pay even less. Think of it as our Valentine to you.

What makes a hotel romantic? The little touches: a complimentary bottle of tequila, soft sheets, a staff that knows your name (and knows when to leave you alone).

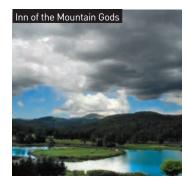
This much has become clear over the past four years, as my husband, Eric, and I have been driving across North America for our ongoing working road trip, which we document in the blog trans-americas .com. We've crashed in hundreds of spots, from bare-bones shacks to four-star lodges, so I can assure you: It's the details that make a hotel truly romantic. Because I haven't stayed at every hotel in America (though sometimes it feels like it), I called on a team of experts. Together we chose 10 hotels that are putting the "hot" in hot spots. —KAREN CATCHPOLE

INN OF THE **MOUNTAIN GODS** Mescalero, New Mexico

WHY WE LOVE IT In the lobby you'll see the Sacramento Mountains behind floor-to-ceiling windows. Your room has a wood-burning fireplace and a bed with a pillow-top mattress. Rest up: It's a short walk to the 55 runs of the Ski Apache resort.

MOST ROMANTIC ROOM The Royal Suite has two private balconies overlooking Lake Mescalero.

EXCLUSIVE DEAL Through December 15, 2011, book a deluxe room for \$99 weekdays or \$129 weekends (a savings of \$30 and \$40 per night) and get \$25 toward breakfast in bed. (287 Carrizo Road, innofthemountaingods.com)



HOTEL HAVANA San Antonio

WHY WE LOVE IT Situated on San Antonio's Riverwalk—ideal for a sunset stroll—is the nearly century-old Hotel Havana, reopened last April after a top-to-bottom renovation. The original antique furniture remains, but the new look is decidedly modern and chic. The dreamiest spot in the 27-room hotel has to be the



entirely candlelit basement bar, where you can snuggle up on velvet sofas and order mojitos and, if they're your thing, cigars. MOST ROMANTIC ROOM Room 33 has skylights and extra seclusion.

EXCLUSIVE DEAL Take 15 percent off room rates and sip two free mojitos at the bar (mention code "Rachael"). (1015 Navarro St., havanasanantonio.com; doubles from \$149 before discount, including in-room breakfast)



WHY WE LOVE IT Latisha and Pete Steadman—environmental biologists and owners of this 11-cabin retreat in the Columbia River Gorge—have posted a motto on their website: "Romance is vital to a lifelong love relationship." Cheesy as that may sound, this place delivers



on romantic touches: fireplaces, private porches with log swings, hydrotherapy bathtubs and large showers built for two. MOST ROMANTIC ROOM The Gifford Lodge (one of three new cabins unveiled this past summer) has a hanging log bed and a spa bathroom with a 35-square-foot shower and a large jetted spa tub. **EXCLUSIVE DEAL** Reserve two

or more nights in 2011 and receive a 60-minute in-cabin couple's massage (a \$180 value) and take 10 percent off your room rate. (1261 Wind River Road, carsonridgecabins.com; doubles from \$215 before discount, including breakfast)



WHY WE LOVE IT In the morning you'll listen to the distant surf and watch the fog roll in from your feather bed. You can join your fellow guests for breakfast (served by waiters), or have your choice of entrées (including a farm-fresh egg omelet with candied bacon) delivered to your room. After spending the day exploring Northern California's coastal inlets and wineries, return by 5:30 for a (free) wine-and-appetizer hour,



which might include homecooked pastas and sliced steak. Before turning in, grab a movie from their large DVD collection. MOST ROMANTIC ROOM Although all 10 rooms have an ocean view, the Osprey Room has a two-person soaking tub with a view.

> EXCLUSIVE DEAL Book a stay in February or March 2011 and get a bottle of California sparkling wine and chocolate-covered strawberries (a \$35 value), plus 10 percent off the Ultimate Romantic Escape package (originally \$430, not including room rate), which includes chocolates, wine, flowers, a picnic lunch and two 75-minute hot-stone massages. (9401 N. Hwy. 1, brewerygulchinn.com; doubles from \$210, including breakfast)

LYVE LESSONS

We asked our panel of experts to share their most romantic travel moments, and they bared all—and offered up some bonus hotel recommendations!



GLORIA ESTEFAN

Grammy-winning musician and co-owner (with her husband, Emilio) of Cardozo Hotel and Costa d'Este Resort, both in Florida

"After being on tour for more than six months, my husband surprised me with three nights at Little Palm Island Resort & Spa (littlepalmisland .com), not too far from where we live. The best part of a vacation close to home is that right when you get in the car, your adventure begins. We spent hours in a hammock under a palm tree, enjoying the most amazing sunset, far from the distractions of life but not far from home."





PARI Co-found

PARIS PERMENTER AND JOHN BIGLEY

Co-founders and co-editors of Lovetripper (lovetripper.com a site devoted entirely to romantic travel

"We were staying at **Sandals Grande Antigua Resort & Spa** (sandals .com/antigua), and we were watching the sun set into the sea when it happened: a green flash on the horizon! The instant of lime-colored light was undeniable, like copper coins igniting. We turned to each other. You saw that? I saw it! According to legend, couples that witness the green flash are guaranteed true love. It's a rare sight, requiring the right combination of sun, sky and luck, and we'd spent a decade looking for it. Afterward, we walked hand in hand down the darkening beach."





HOLUALOA INN Holusloa, Hawaii

WHY WE LOVE IT This simple six-room inn on the Big Island is nestled amid 30 acres that produce tropical fruit and Kona coffee—both of which figure prominently in daily breakfasts. Don't skip the french toast filled with passion fruit: You'll need that fuel for snorkeling and surfing at the nearby beaches.

MOST ROMANTIC ROOM The Gardenia Suite offers panoramic views of the Kona coastline and a private patio lush with tropical flowers.

of six nights or more in 2011 and take 10 percent off your room rate, plus receive a Romance Package (a \$65 value), which includes champagne, chocolate-covered macadamia nuts and a bouquet of tropical flowers. (76-5932 Mamalahoa Hwy., holualoainn.com; doubles from \$285 before discount, including breakfast)



WHY WE LOVE IT At this New England charmer, distractions have been stripped away. You won't find televisions or phones—just deer, fox, hawks,

and a bald eagle or two. Located on the 2,100-acre Crane Estate, this inn's heart and soul is its large wraparound porch, where you can sit back and sip pinot noir while looking out to the Atlantic over salt marshes and sand dunes. You can feel good about spending money here, too: All proceeds support the state's land conservation and historic preservation.

MOST ROMANTIC ROOM

The Cornelius Room has five large windows facing the ocean.

→ EXCLUSIVE DEAL Book two or more nights in 2011 and take 10 percent off your room rate and receive a bottle of Domaine Chandon Brut Classic (a \$45 value), plus a private tour of the neighboring 59-room, 17th-century-style mansion (a \$50 value). (280 Argilla Road, thetrustees.org/the-inn-at-castle-hill; doubles from \$115 before discount, including breakfast; closed January, February and March)

9 RUBY ROOM Chicago

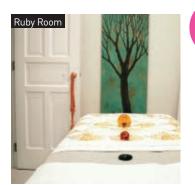
why we Love IT If you're a skeptic, services like "intuitive reading" and "auratherapy" might have you raising an eyebrow. But after a stay at this new-age hotel-salon-spa, you just might become a believer. It sure doesn't look like a crunchy-granola ashram. Walk through the red doors inside the chic Wicker Park brownstone, admire the sleek dark-wood-and-cream aesthetic, and



head to your luxurious room, where you'll find a bed with 500-thread-count sheets, but no television. Put on some music, book a treatment or two and let the healing begin.

MOST ROMANTIC ROOM Deluxe Suites include a fantastic steam shower and reading nook

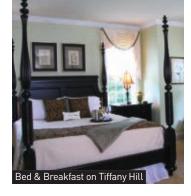
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online) and receive two 10-minute
intuitive readings (a \$40 value),
said to focus energies in your
love life. Worth a shot! (1743-45
W. Division St., rubyroom.com;
doubles from \$99)



BED & BREAKFAST

BED & BREAKFAST ON TIFFANY HILL Mills River, North Carolina

WHY WE LOVE IT In 2009, Selena Einwechter opened this genteel five-room retreat on pastureland near Asheville. Maybe it's because of the candlelit breakfast, maybe it's the luxe beds, or maybe it's the very charming Selena herself,



but a number of couples have returned half a dozen times in its young life.

MOST ROMANTIC ROOM Light a fire and climb on your fourposter bed in the grand Charlottesville Suite.

→ EXCLUSIVE DEAL Through 2011, receive a Star Gazing Romance Package (a \$45 value), which includes use of a telescope, two glasses of wine, chocolates and a red rose, and take 10 percent off your room rate. [400 Ray Hill Road, bbontiffanyhill.com; doubles from \$185 before discount, including breakfast]



"A year ago, after a frenzied summer with very little downtime. we headed to Northern California for a mini-break. The minute we coasted into the driveway at Napa Valley's Bardessono (bardessono .com), we decompressed. We treated ourselves to an in-room couple's massage, and the beauty of it was that at the end of the treatment, we didn't have to get up, get dressed and head back into the real world. We happily staved in our bathrobes and sat outside on our lovely, sunny patio. It sounds hokey, but providing these special moments is what makes hotels romantic.'



Tell us about your most romantic trip at rachaelraymag .com/february.

Beef and Veggie Stew

Treat your pup to a special Valentine's Day meal with this nourishing dish.

BY ANDREW KAPLAN



Quick and EasyValentine's Beef Stew

MAKES ABOUT 11/2 CUPS

PREP 5 MIN COOK 15 MIN

- 1 tablespoon extra-virgin olive oil
- 1 carrot, peeled and shredded
- 1 celery stalk, finely chopped
- 1/4 pound ground beef
- 1/4 cup tomato sauce*
- 1/4 cup frozen peas
- 1/4 cup chicken broth or water

In a medium skillet, heat the olive oil over medium heat. Add the carrot and celery and cook until slightly softened, about 5 minutes. Add the ground beef and cook, breaking up with a wooden spoon, until browned, about 5 minutes. Stir in the tomato sauce, peas and chicken broth and continue cooking until warmed through, about 3 minutes.

* DO NOT USE TOMATO SAUCE CONTAINING ONIONS OR GARLIC, WHICH CAN BE TOXIC TO CATS AND DOGS.



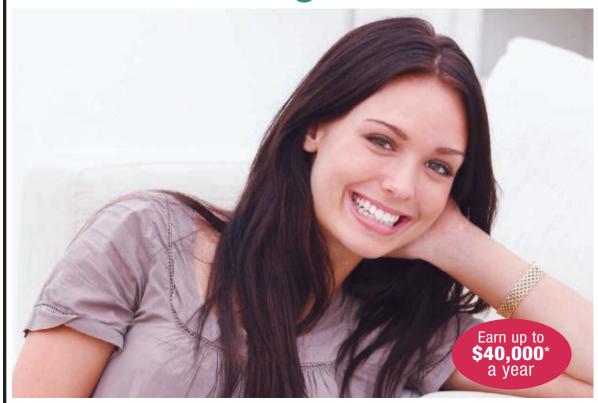


a fresh start

Project POOCH is a rescue organization with a unique mission: It pairs shelter dogs that are deemed unadoptable with incarcerated youth. The kids learn responsibility by helping to rehabilitate and train the pups—and they get to experience unconditional love. The dogs, meanwhile, get a second chance at finding a permanent home. Two-year-old Tom Thumb, a jack russell-dachshund mix, was painfully shy and insecure before Project POOCH took him in. Under the patient guidance of his teen partner, Israel, the pup blossomed, eventually becoming the beloved companion of Lisa Porter; her cat, Silar; and her border collie, Beans. "He and Beans actually spoon on the couch, and he's the perfect wrestling partner for Silar," Lisa says. "The four of us go for walks around the block together—we're the talk of the neighborhood!" she adds with a laugh. —SARAH ZORN

PET PRODUCT BY GORMAN & GORMAN DOG, GETTY IMAGES. RECIPE PHOTO BY LUCAS ZAREBINSKI; FOOD STYLING BY LIZA JERNOW; PROP STYLING BY LISA LEE FOR HALLEY RESOURCES. RECIPE REVIEWED BY THE ASPCA.

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City______ State _____ Zip _____

*with experience, based on figures from U.S. Dept. of Labor's BLS website

Crossword February 2011

BY KEITH GILLESPIE

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59						60					61			
62						63					64			
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ACROSS

- 1 Cookouts, for short
- Valentine's Day • subject
- 9 Cheap cigar (var.)
- 14 One type of -tude
- **15** Diva's showcase
- 16 Valentine's Day symbol
- **17** Tara of *American Pie*
- **18** Painter Jan van der
- 19 Reduced, as pain
- 20 February excuse for eating wings and nachos
- 23 Maple syrup base
- **24** Surgery rms.
- **25** Embassy rep.

- 28 Karaoke need, for short
- 30 Perceptiveness
- **34** Tea type
- 37 Ancient ark-itect
- **38** Constellation with a "belt"
- 39 That, in Mexico
- 40 Grocery or boutique
- **41** Musical comedy-drama on Fox
- 42 Discounted drink times
- **44** Pricey spice
- **46** Sorbi__ (sugar substitute)
- 47 Rope or chain used in sailing
- 48 Workout unit
- 49 Road reversal, in slang
- **51** Kitchen steel

- **59** ____ Arabia
- 60 Restaurant order option
- 61 ____-sweet chocolate
- 62 Sitcom alien Mork, for one
- **63** Big, big story
- 64 Take table orders
- **65** See eye ___
- 66 Rare-cooked-meat color
- 67 Luncheon ending

DOWN

- 1 Candy buys
- 2 Cheese akin to roquefort
- 3 Cotton on a stick
- 4 Cole slaw and fries
- 5 Meat-in-pastry dish

6 Black-and-white cookie

- **7** The ____ (TV talk show)
- 8 With 12-Down, a tea type
- **9** Poultry-cutting tools
- 10 Eats with gusto
- 11 Malt-drying oven
- 12 With 8-Down, a tea type
- 13 Pay stub abbr.
- 21 Japanese soup noodles
- 22 Early video game
- **25** "It's ____ life."
- 26 Ivana's successor
- **27** Fleeting
- 29 Dust, polish, etc.
- 30 Inappropriate
- **31** Leave the house
- 32 Potter of fiction
- 33 Not those
- **35** *Dragnet* sergeant
- **36** Web connection source: abbr.
- 40 Haul with effort (var.)
- 42 It springs eternal
- **43** Informal expression of love or admiration

45 Process, as sugar

- 50 "___ Have No Bananas"
- **51** Big name in corn syrup
- = Ni ----- :- -l---
- 52 Microwave, in slang
- 53 Recipe unit
- **54** Arizona tribe
- **55** Not "fer"
- 56 No rocks, no mixer
- **57** Give off
- 58 Religious ceremony
- **59** Overdrinker

How'd you do?

Check your answers from the last issue.

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AMENDED STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

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GROOMING BY DEVIN BROOKES

Pat Monahan

The lead singer of the band Train shows Rach that all you need to live like a rock star is good food, a happy family and a little bit of soul, sister. PHOTOGRAPH BY DAVE LAURIDSEN



When I need a taste of home on the road, I make turkey meatballs. They're a version of my mom's recipe that I turned into my own. The smaller you roll them, the better they are. But man, it takes forever.

RACHAEL RAY: Pat, you win the award for the bestlooking fridge. It's stocked with healthy choices, and you're also holding your daughter Autumn—and she's one cute kid.

PAT MONAHAN: My wife, Amber, is responsible for not just the beautiful refrigerator, but also the beautiful child.

RR: Is Amber also the chef in the family?

PM: I'm the first cook, but she's excellent in the kitchen, so we can both pull it off. I think I enjoy it more because I'm on the road a lot and don't get to do it as much. As a family, we're pretty careful about what we eat. We look for organic ingredients and avoid anything processed.

RR: That's great! Speaking of cooking, I'm a huge Howard Stern fan, and I heard he loves your chili recipe. Is there a secret to it?

PM: It's funny that you found out about that. I don't eat pork or beef, so I make it with turkey. I also throw in a ton of onions and garlic. But you know what the trick is? Red wine.

RR: That sounds like my kind of chili. My first word was "vino." So, you have a bunch of hot sauces in your fridge. Any faves?

PM: Cholula sauce is the bomb. It makes everything taste incredible. But I use Tabasco in my egg salad—I tried using Cholula once, and it didn't work.

RR: Are your kids picky eaters?

PM: When they were younger, my son, Patrick, was picky, and my daughter Emelia was a really good eater. Autumn is somewhere in between. She won't eat everything, but she loves Perrier, believe it or not. What kid loves Perrier?

RR: Does she help you cook?

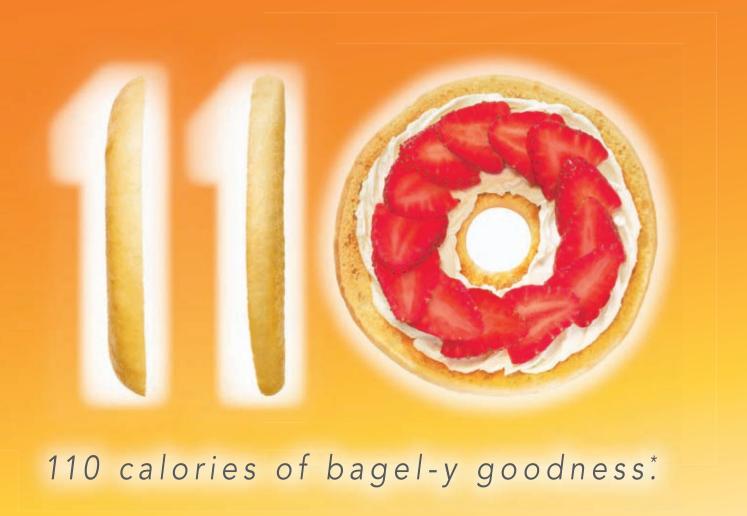
PM: Yes, she's usually in the kitchen with me—she has to stand on a chair and see what I'm doing. When I make turkey burgers, she is the garlic salt and pepper girl. I hold her up high so the salt doesn't end up in one huge mountain.

RR: Getting kids in the kitchen early is the best way to teach them good eating habits. I can tell you eat really healthfully. What treats do you indulge in?

PM: Chocolate's the downfall of the family. We're so bombarded with treats on the road, and the only way I can avoid them is if I have dark chocolate around. It's hard not to eat a cookie, though, girl, let me tell you.

RR: I hear that. Okay, last question: If you could throw a dinner party and invite anybody, who would it be?

PM: I'd ask Robert Plant from Led Zeppelin and George Carlin. And I'd love to invite you and Howard Stern, so you can both give me compliments on my chili.



*Calorie count doesn't include toppings. But at 110 calories per bagel, top away.



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